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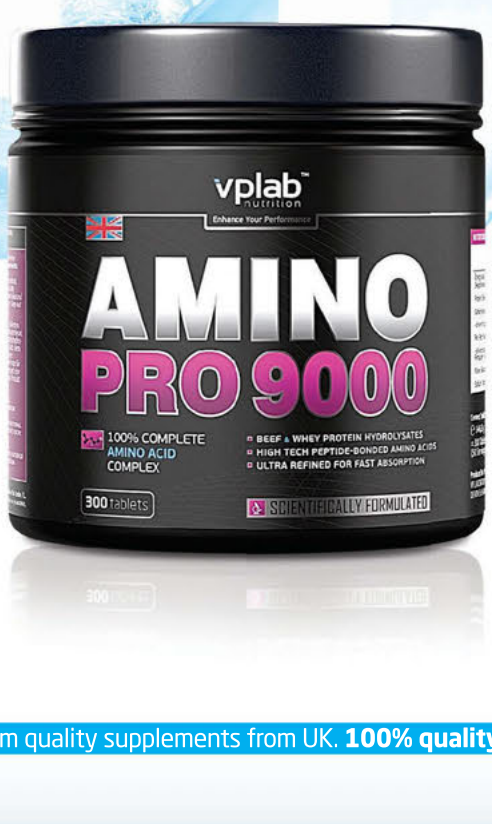
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ON THE COVER & THIS PAGE:

Dolph Lundgren

Photographs by Per Bernal



HE CAN STILL BREAK YOU
Lundgren holds a third-degree black belt and is a former Euro karate champion.


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HAVE A QUESTION for Arnold? Ask it on the *Muscle & Fitness* Facebook page for a chance to see it here.

Find Your Hero

Choose a role model to emulate in both physique and character.



BROTHERS IN IRON One of Arnold's greatest thrills was not only getting to meet Reg Park but also compete against him.

Q: I don't know who to trust for training these days. Who should I learn from?

—ELI F., VIA FACEBOOK

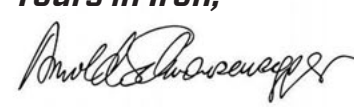
A: THERE ARE MANY great resources for fitness information, including this magazine, but I understand what you mean. With so many voices, which do you listen to? That's why I believe finding a role model is the best way to get on the right path and stay there.

Reg Park was mine. A dominant bodybuilding champion in the 1950s, he had the massive, Herculean look I wanted for myself, so I trained the way Reg did. He had also made the transition to movie star and businessman. In the end, by studying how he accomplished his goals, I found the blueprint for my own success.

Select a role model who looks the way you want to look but shares some genetic similarities. If you're naturally very thin, don't choose someone like Franco Columbu to emulate when Frank Zane's approach would probably suit you better. This way, your role model provides the inspiration and practical know-how to achieve fitness goals that are attainable for you as an individual.

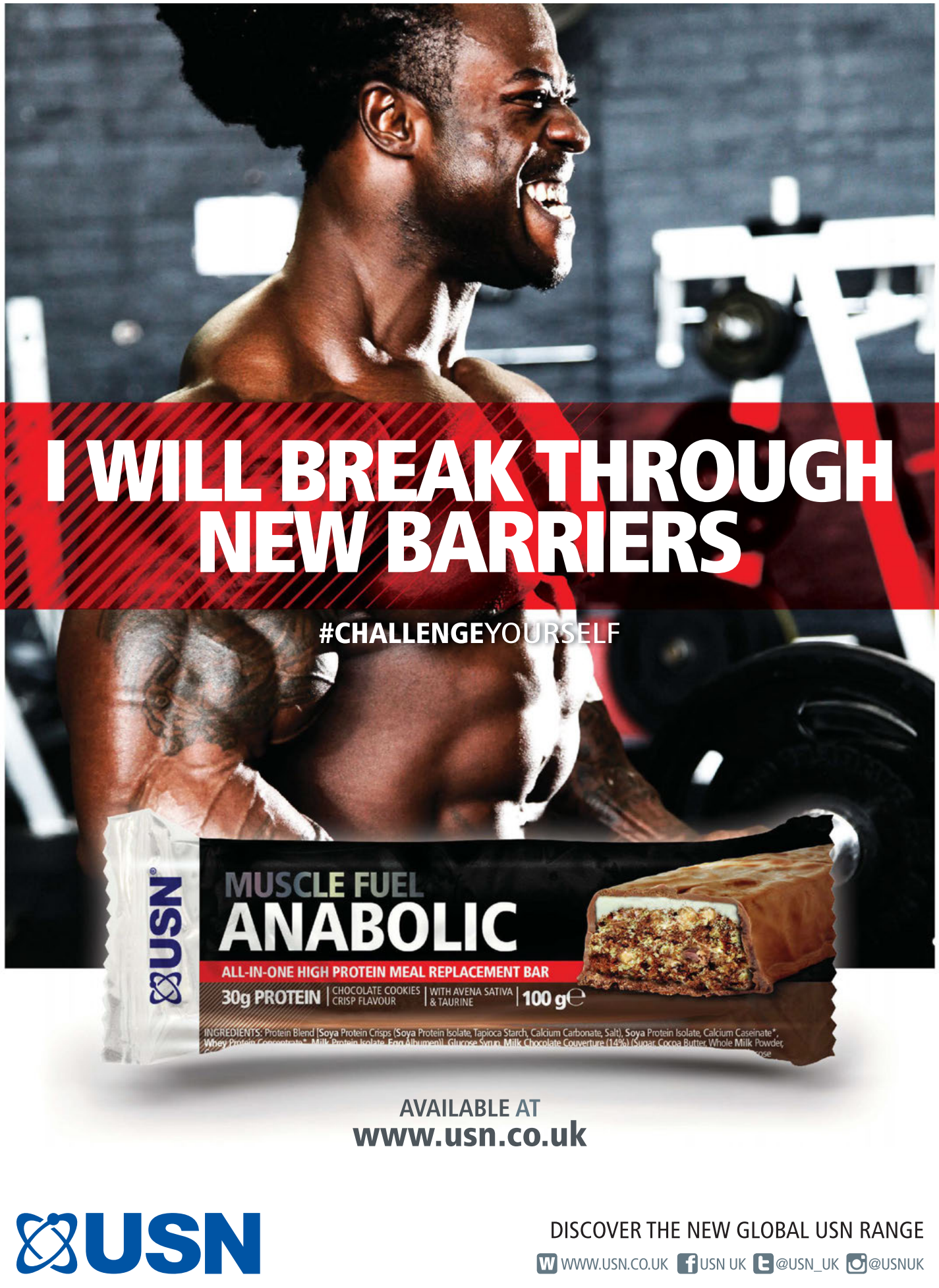
But beyond what a role model can do for your body, consider how he will inspire your mind and spirit. Apart from his other accomplishments, Reg Park was a great humanitarian. He made me want to be more than just rich and famous, but to give back to the world, which is my main mission now. He's still my hero, and always will be.

Yours in Iron,



Arnold Schwarzenegger

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Iron Giant

DOLPH LUNDGREN'S influence on gym culture is one that has stood the test of time.



I'M HAVING DIFFICULTY processing the fact that it's been 30 years since I saw *Rocky IV* in the cinema. That means it's been 30 years since I first watched Rocky Balboa put an end to the Cold War with a one-two combination of fisticuffs and hammy dialogue, more than four years before the actual fall of the Berlin Wall. It also means that it's been 30 years since I was floored by the incredible physique of überman Ivan Drago, menacingly portrayed by Dolph Lundgren.

By the mid-1980s, Sylvester Stallone found himself a victim of his own success. In *Rocky I, II,* and *III,* he had perfectly cast Carl Weathers and Mr. T as seemingly invincible foes, with Rocky's hurdles growing ever higher in each successive film. In *Rocky III,* Mr. T's Clubber Lang was as intimidating a character as moviegoers had seen since Darth Vader, so much so that most of us probably would have put our money on Clubber over Lord Vader, assuming lightsabers were barred from the brawl.

The dilemma for Sly when scripting *Rocky IV* was to conceive a challenger even more terrifying than the wholly terrifying Clubber Lang. A giant Soviet was his answer—a chemically enhanced megaman as cold and impenetrable as the Iron Curtain itself. But who on earth could play this Slavic superman? Who could possibly make the challenge posed by the ferocious Clubber Lang seem like an invitation to a tea party?

The answer is this month's cover star—a guy whose physique was so astonishing in *Rocky IV* and later in *Masters of the Universe* that he would inspire countless thousands to take to the weights, psyching themselves up with a mantra of "I must break you" before each set. At least that was one of my own personal psyche-up techniques.

Who can forget the physique Dolph displayed in *Rocky IV*? He reminded me of an outsized Steve Reeves, from his doorway-wide shoulders tapering to a trim waist, to his expansive pecs and leg-size arms. I remember thinking at the time that he could have held his own in a bodybuilding competition, and at 6'5" he surely would've towered over everyone else onstage. Plus, unlike the actors in the *Rocky* films before his, Dolph had real-life competitive fighting experience, as a black belt in Kyokushin karate.

Fast-forward 30 years, and Dolph Lundgren still has an inspiring physique, if not his *Rocky IV* flat top, and a system of training that keeps him looking good and feeling even better. It's been 28 years since we've featured Dolph on our cover (the last time was for *Masters of the Universe*), and I couldn't be happier to have him representing *Muscle & Fitness* once again. And for an inside look at our shoot with Dolph, check out our exclusive video at *muscleandfitness.com/dolph.*



More Power to You,

Shawn Perine
Editor in Chief


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A Little Bit of Hope

Fitness coach **HOPE BEEL** tells us her favourite workout is glute day. We've got visual evidence (and a lot more) on the next page.

BY PAMELA NULLET

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IRON MAIDEN

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...was born in Texas, USA.

...ran hurdles in high school.

...had her likeness painted on the side of a B-17 bomber.

...recently flew in a P-51 Mustang WWII fighter plane.

...grew up with fast cars and dirt-track racing.

...works out with Bruiser, her French bulldog.

...teaches a bikini boot camp.

...enjoys anyplace warm—Cancún, Mexico is her go-to destination.

...holds a degree in fashion merchandising.

...feels sexiest in a T-shirt, underwear, and no makeup.

...can't go a weekend without a cheese-burger and fries.

...thrives on helping her clients work hard, achieve their fitness goals, and find their "why."

...finds it creepy when guys just stand and stare at her while she's training.

...says "Killin' it" (a lot).

...receives fan requests for her used socks and underwear.

PREVIOUS PAGE AND THIS PAGE: LHGFX PHOTOGRAPHY



JUSTIN GRINNELL is the owner of State of Fitness in Michigan, USA. *mystateoffitness.com*

Weight for It

JUSTIN GRINNELL tried every training discipline under the sun and learned what it takes to win at all of them: patience. AS TOLD TO MATT TUTHILL

I HAVE A COUPLE of college guys who train at my gym, and they read the magazines. They work hard, but they lose patience. They don't understand that for the people they might see in *M&F* or some of the other publications, it took time to build their muscle. It takes time to take off fat. They don't understand that if you do a six- or eight-week programme, sure, you'll be better off–on the right track–but real fitness never ends.

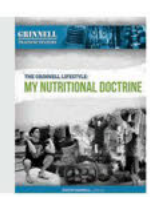
Another thing guys don't take into account is what else is going on in their lives. If you're stressed out from a job or a bad relationship, and you're not sleeping or you're skipping meals, all of that adds up and will hurt you.

I trained my *butt* off and did every single fitness event you could think of, from bodybuilding to Olympic lifting to powerlifting. I learned a lot from each discipline. I still think that I'm a bodybuilder at heart forever, because it taught me discipline and consistency to realise a goal. It also had carryover to my career and to my school. I wasn't staying up at night partying with my buddies. I owe a lot to bodybuilding.

I tried everything. I did CrossFit competitions. I even ran half marathons. I thought that if I was going to write or talk about something, then I'd better have gone through it. But nothing was as hard as bodybuilding.

With guys, I fight the more-is-better mentality, and I can't stand it. I've got college kids who want to come in and do 30 sets of arms. Over time, those are the same guys who develop muscle imbalances and have mobility issues. Meanwhile, those compound lifts they're avoiding would help even more, because that's what releases more testosterone and growth hormone.

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COURTESY OF JUSTIN GRINNELL

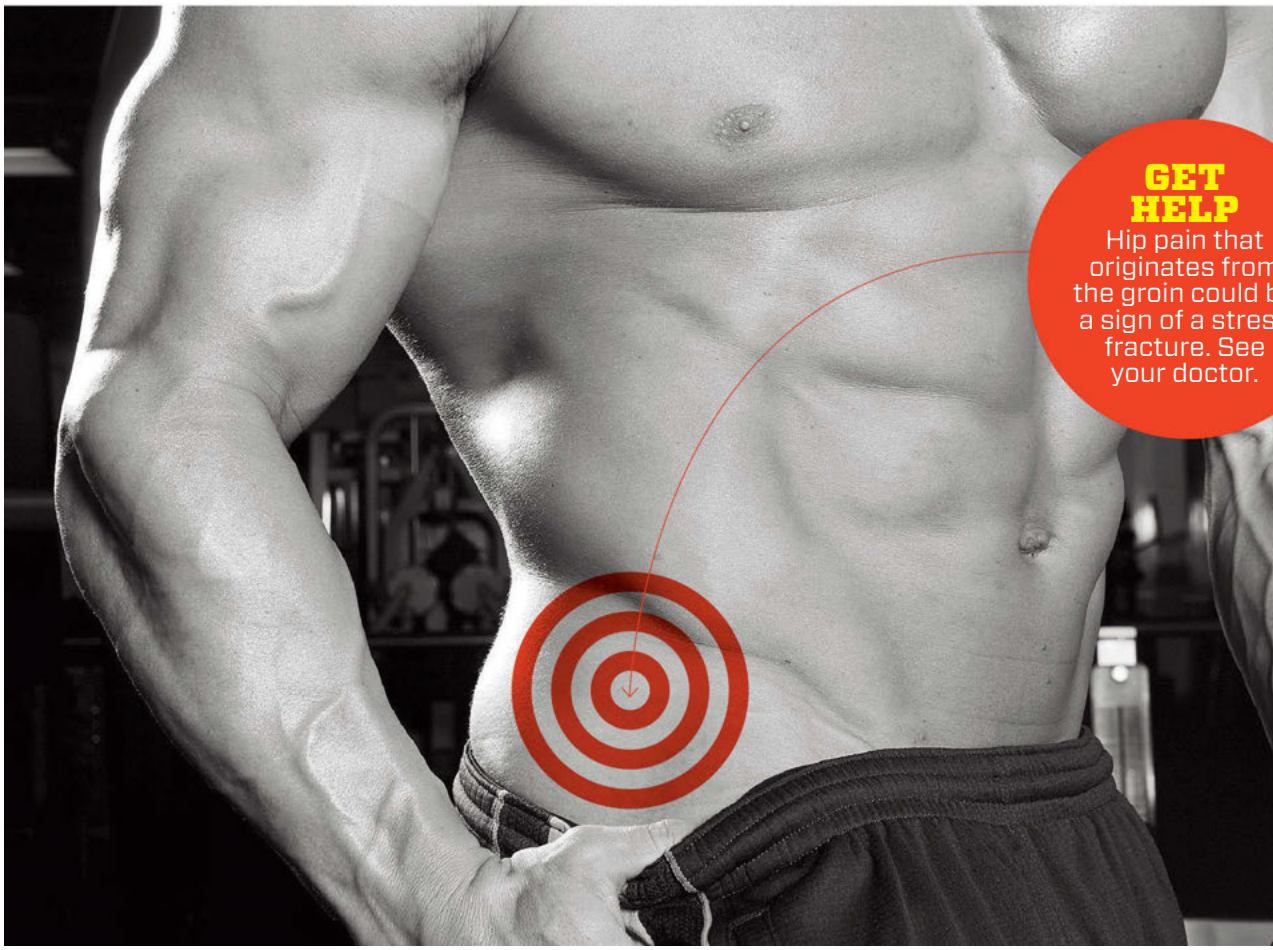
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ABOUT THE DOCTOR
Victor R. Prisk, M.D., is a board-certified orthopedic surgeon, NCAA All-American gymnast, and GNC medical advisory board member.



Heal Your Hips

Hip pain can be debilitating to your workouts. Identify the kind you suffer from and fix it.

BY VICTOR PRISK, M.D.

DIAGNOSING HIP PAIN begins with determining its origin. Patients tend to say they have pain originating from either the groin, the buttocks, or the side of their hip.

Pain in the groin is the most ominous; when it's associated with hip motion and weight-bearing activities, it often points to a problem in the joint itself or a stress fracture. Patients may refer to pain in the buttock region as "hip" pain. Very often, though, the source of this pain is the lower back. Impingement of nerves in the lumbar spine can cause referred pain in the buttock. Pain on the side of the hip, however, is very common in runners and those doing a lot of side-kicking movement, and inflammation of the hip abductors could be to blame. In any of these cases, see a physical therapist. Simple anti-inflammatories may do the trick.

On your own, you can get some relief by massaging and stretching. Start by using a foam roller on your quads, anterior hip, and glutes. Then, lying on your back, put your leg in a figure four with the ankle over the opposite knee and use your knee to lift your ankle toward your chest. (This stretches the piriformis muscle in the hip.) Next, lunge forward with your hips square and your back knee on the floor. Open up the hip of the back leg to stretch your hip flexor. Finally, stand, cross your legs with knees straight, and push the hip of your back leg out while lightly bending the front knee to stretch the IT band.

MATT SALACUSE

75 YEARS OF *M&F*

Mission Not Accomplished

Bodybuilding in the Olympics? Joe Weider once offered premature congratulations. BY MATT TUTHILL

SUFFICE IT TO SAY this wasn't Joe Weider's finest moment. Just as George W. Bush infamously stood before a banner that read "Mission Accomplished" in May 2003–at the start of a seemingly endless war–Weider jumped the gun in May 1998 with a cover line that read "International Olympic Committee Recognises Bodybuilding." Is it unfair to compare a years-long conflict to a misstep in the footnotes of bodybuilding history? Yes–and easy, too! In fact, there were more than surface similarities at play. The Bush administration would later backtrack and say that the banner was meant only for the sailors on the aircraft carrier whose mission was technically accomplished. By the same token, Weider's editorial explains that being recognised by the IOC does not, in fact, guarantee that bodybuilding would become a medal sport; it merely paved the way. Nevertheless, the headline for that column was "We Did It!"

To break down what happened: The IOC, after 52 years of petitioning from brother Ben Weider, finally capitulated and said, "Fine. Bodybuilding is a sport." A sport that's still not in the Olympics. We understand our founder's eagerness to celebrate, and we're forever grateful for all he did for bodybuilding, but after all these years of exclusion, all we'd ask the IOC is, "Who needs you?" The Olympia means more to the staff of this magazine and most of its readers than the Olympics ever will. That is a hell of a legacy and worth celebrating in its own right.



DRUG KINGPINS We told college kids that taking drugs wouldn't just fry their brains but hamper their gains. Hence the photo of this gym bag stuffed with enough narcotics to set a man up for 25 to life.



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TRAIN

BUILD MUSCLE, BURN FAT, PERFORM B



Just the Beginning

For IFBB physique pro SADIK HADZOVIC, winning the inaugural Arnold Classic Physique competition was a single step in his quest for ultimate aesthetics. BY MARK BARROSO

CHECK OUT SADIK'S V-TAPER WORKOUT

PER BERNAL



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HERO POSE
As a kid, Sadik enjoyed drawing comic-book characters, which led to an interest in developing his own muscles.

HAVING AN AWESOME physique doesn't always begin with natural athletic ability. If you've ever thought, "I don't have good enough genetics," consider this: IFBB physique pro Sadik Hadzovic says, "I didn't have an athletic bone in my body. I was a nerd." It's hard to believe that today. Hadzovic is the first-ever Arnold Classic Physique winner and quickly becoming the face of the division. It's fitting, then, that his show prep bucks convention.

"Leading into a show, I like lifting heavy while keeping the rep range low," Hadzovic says. "That gives my muscles the hard, dense look that's so highly sought after by judges."

Hadzovic always presents an incredible V-taper and slim (size 28) waist. And although such aesthetics take dietary discipline, Hadzovic attributes his onstage success to letting loose the proverbial yo-yo. "I never underestimate the importance of cheat meals," he says. "Often, competitors diet so strictly that their metabolism actually slows."

As for what's next, Hadzovic's preparation for the 2015 Mr. Olympia Men's Physique Showdown will start 12 weeks out. Hadzovic's first Olympia win would be another step on the ladder toward physique greatness. "My motivation comes from a deep desire to be the all-time best!"

SADIK'S BACK WORKOUT

Below is an example of one of Hadzovic's typical back workouts.

EXERCISE	SETS	REPS	REST
Wide-grip Lat Pulldown	4	12	45 sec.
Standing Cable Pullover	4	10	45 sec.
Dumbbell Row	4	8	1 min.
Chest-supported Barbell Row	5	10	1 min.
Close-grip Seated Row	3	15	45 sec.
Machine-assisted Pullup	1	Failure	–

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QUICK TIP
You can use the trap bar for deadlifts, shrugs, bentover rows, and farmer's walks.



Trap Gains

Traditional Romanian deadlifts with a straight bar keep the load in front of your body, which can stress your lower back. Using a trap bar hits your glutes and hamstrings harder while saving your back.

BY BEN BRUNO

HOW TO DO IT
TRAP-BAR DEADLIFT

The trap bar allows more range of motion at the hips—but you can go heavier than with dumbbells.

1 **GRAB THE HANDLES** of a loaded trap bar and stand up straight.

2 **BEND YOUR HIPS** to lower your torso. Bend your knees slightly and keep your lower back arched. Stop when you feel a stretch in your hamstrings. Then return to the start.

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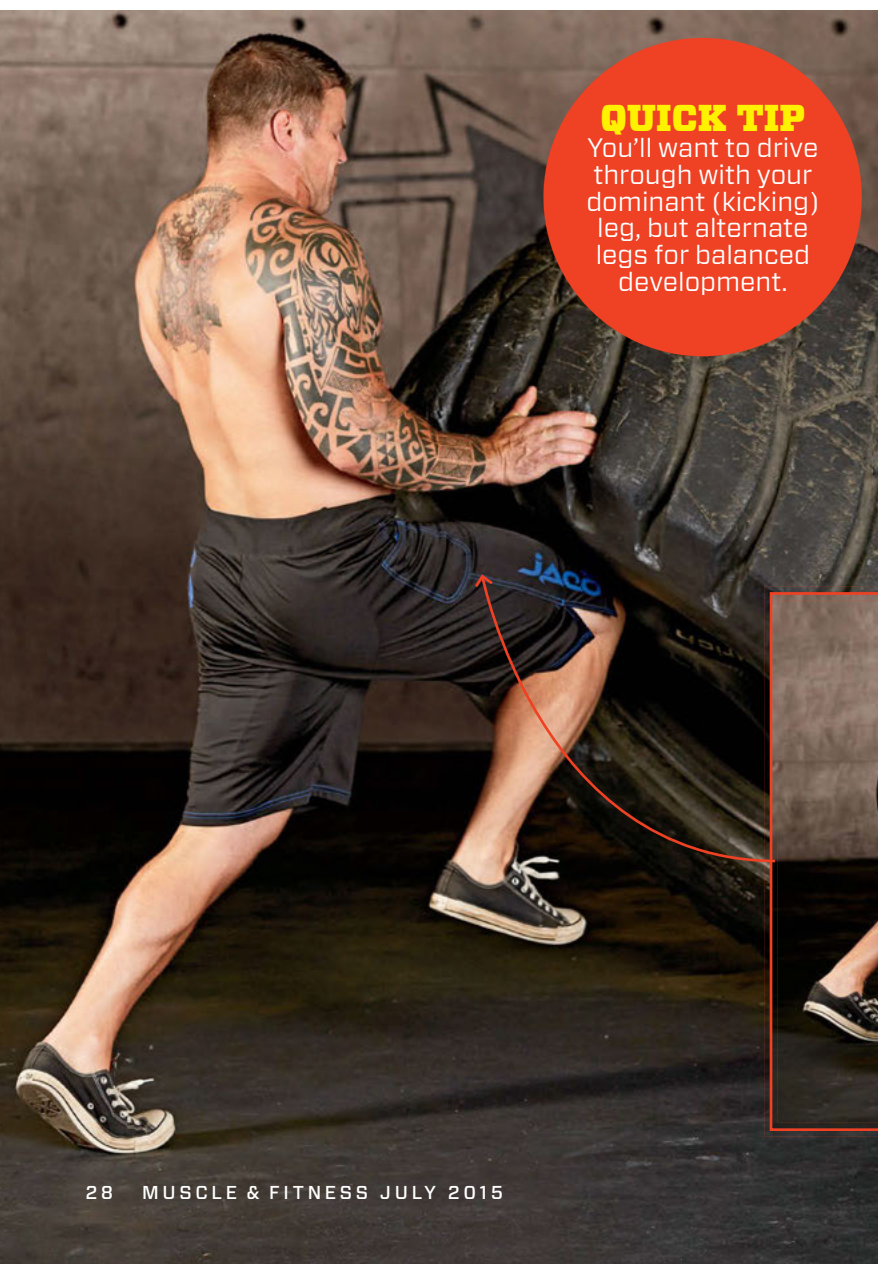
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Flip Out

Some of the world's best cardio equipment is sitting in your local junkyard. BY ROB ORLANDO

LESS THAN A DECADE AGO, you weren't likely to see anyone flipping a tire outside of a World's Strongest Man contest. Today it seems like every gym has a few tires out back—and that's a good thing. Flipping tires is a cheap, scalable way to build strength and increase aerobic capacity. Best of all, you can learn the move quickly. There is no "one size fits all" approach, but follow the points below and you'll be equipped with a technique that will serve you well for small tires and monster-truck tires alike.



QUICK TIP
You'll want to drive through with your dominant (kicking) leg, but alternate legs for balanced development.

TIRE-FLIP TECHNIQUE

1. Place your feet slightly wider than your hips, about 12 inches back from the tire.
2. Squat down and press your chest and shoulders hard into the sidewall of the tire.
3. With a slight bend in your elbows, slide your fingers under to grab the bottom of the tire.
4. Extend your hips and keep your elbows fixed. Keep your shoulders pressed into the tire.
5. As your hips extend, shuffle one foot forward. This loads the opposite hip for a kick.
6. Violently kick your knee through the tire to complete the flip.

CHALLENGE WORKOUT

10 rounds for time:

EXERCISE	REPS	WEIGHT
Bench Press	3	60% of your 1RM
◀ Tire Flip	3	3 × your body weight



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Hold Steady

You've done the 45-degree back extension. Crank the angle up to 90 to test your core strength and work your lower back harder.

BY SEAN HYSON, C.S.C.S.

HOW TO DO IT
90-DEGREE EXTENSION

Ninety-degree back extensions done for reps are a challenging exercise for all your squatting and deadlifting muscles. Holding them for time, however, is a great measure of core strength endurance. If you can't make it at least 60 seconds, practice back-extension holds first thing in your workouts until you can. You'll reduce your risk for back pain and see stronger, sharper abs.

1 CLIMB ONTO A glute-ham bench and secure your feet. Make sure the pad is about midway down your thighs so that you have room to move at the hips.

2 SQUEEZE YOUR GLUTES and extend your hips to raise your body until it's parallel to the floor. Hold as long as you can. Don't arch your back or look up.

IAN SPANIER

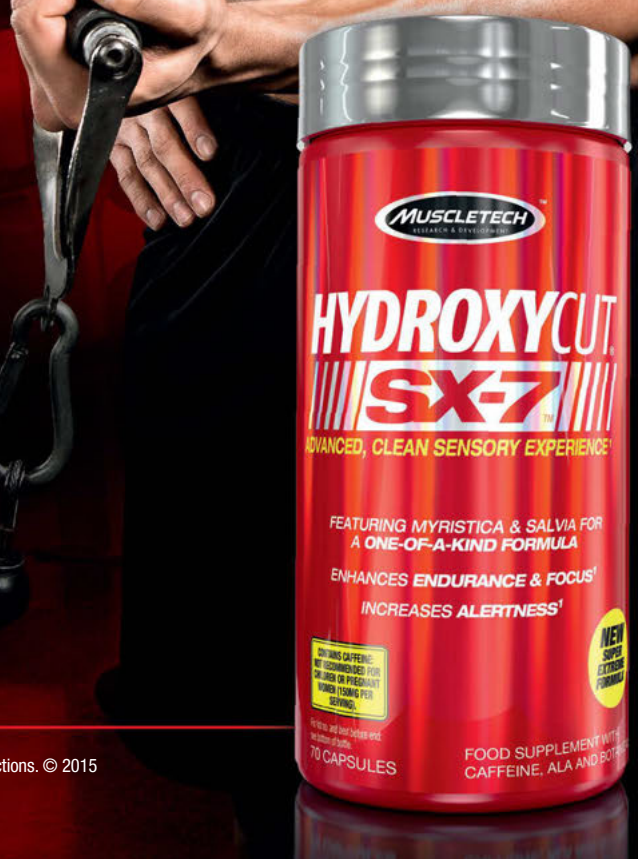
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Use Your Genes

Work with your body, not against it, to achieve your goals.

BY ADAM BORNSTEIN

GOOD TRAINING plans always have presses, squats, deadlifts, rows, and pullups. But choosing the best variants of these lifts depends on who you are and how your body is suited to them. In other words, the best bench press for you may not be a conventional bench at all. Let your genetics determine your lifts for faster gains and fewer injuries. See our advice, starting with the squat below, and the other lifts at the bottom right.



CHOOSE YOUR WEAPON
SAFE, STRONG LEG TRAINING

1 BARBELL BACK SQUAT

■ **YOUR BODY TYPE:** Tall.

■ **THE FIX:** The king of exercises is also the king of lower-back pain for tall guys. But performing basically the same movement pattern without loading the spine directly will yield the same tree-trunk thighs without pain. Try the following:

2 BULGARIAN SPLIT SQUAT

Studies have shown that split squats offer greater range of motion than conventional squats and greater activation of the rectus femoris.

DUMBBELL STEPUP

Stepups work the quads and your balance, making them a great core exercise that doesn't require much weight for good results.

RETHINK THE CLASSIC LIFTS

BARBELL BENCH PRESS

■ **YOUR BODY TYPE:** Long arms, fragile shoulders.

■ **THE FIX:** Long-limbed and lean guys have poor leverage for benching. Substitute floor presses, which minimise the distance the bar travels. **Neutral-grip incline dumbbell presses** and **pushups** are other good

DEADLIFT

■ **YOUR BODY TYPE:** Short arms, poor ankle and hamstring flexibility.

■ **THE FIX:** A combination of short arms, long legs, and/or poor flexibility can cause you to round your lower back. To keep your spine safe, **pull sumo** (feet out wide) or place the bar on a rack 8 inches from the floor.

ROWS AND PULLUPS

■ **YOUR BODY TYPE:** Small mitts.

■ **THE FIX:** If you can't hold the bar securely, you'll never be able to transfer maximum force to it. Use straps as needed to make sure your grip doesn't fail. At the same time, use **farmer's walks** to target your grip.

PAVEL YTHJALL; JAMES FARRELL

CONNECT Follow celebrity trainer Andy McDermott on Twitter: **@andymcd23**



Walk Hard

Hand walkouts put a unique twist on the traditional plank and form the backbone of this metabolism-igniting workout you can do anywhere.

WHAT IT IS

A 20-minute total-body workout by L.A.-based celebrity trainer Andy McDermott. You complete four exercises as a circuit nonstop for 20 minutes: hand walkouts, pullups, walking lunges, and a stair run. If you start to fail at pullups as the rounds go on, you can substitute with band-assisted pullups or lat pulldowns. Stair running can be substituted with an incline treadmill run.

WHY IT WORKS

"This workout uses one upper-body exercise, one lower-body exercise, and is bookended by a total-body move and cardio," McDermott says. "You're demanding that all of your body's energy and muscular systems work together." If you hit a wall, McDermott says to get a quick drink, take a few deep breaths, and soldier on. In reality, 20 minutes isn't a long time to do anything.

THE WORKOUT

Set a timer for 20 minutes. Perform the following exercises as a circuit, taking as little time as possible between sets.

EXERCISE	REPS
▲ Hand Walkout	2
Pullup	10
Walking Lunge	20
Stair Run	60 sec.

DIRECTIONS FOR HAND WALKOUTS

1. Reach down, touch the floor, then walk your hands out until you are in a plank position.

2. With arms outstretched, hold the end position for five seconds before returning to the start.

IAN SPANIER

LET US HELP
Submit your workout for review at
muscleandfitness.com/ratemyworkout



QUICK TIP
Pair pressing exercises with pulling moves to ensure balanced development.

Pressing Needs

Fred O. from California sent us his shoulder workout to review. Here's how we fixed it.

BY SEAN HYSON, C.S.C.S.

FRED'S OLD WORKOUT

EXERCISE	SETS	REPS
Military Press	5	15, 12, 10, 8, 6
Dumbbell Press	3	10
Lateral Raise	3	12
Rear-delt Raise	3	15
Front Raise	3	15

~~M&F B~~

OUR ADVICE

Since your goal is maximum pressing strength, train ~~LOWER REPS SO YOU CAN PRACTICE WITH HEAVIER WEIGHTS AND FORGE BETTER TECHNIQUE.~~ Add some pulling exercises as well and alternate them with your shoulder lifts.

FRED'S NEW WORKOUT

EXERCISE	SETS	REPS
▲ Military Press	5	5
Neutral-grip Chinup	5	8–12
Dumbbell Press	3	10
Straight-arm Pulldown	3	12
Lateral Raise	3	15
Band Pull-apart	3	15

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NATE FORSTER is a CrossFit Games competitor and the owner of Reebok CrossFit 5th Avenue in New York City. *rhinocofitness.com*

OVERCHARGE

The overhead squat fortifies every weak link for a bigger and stronger body.

BY NATE FORSTER



THE PEOPLE WHO say squatting is bad for your knees are usually the same ones screaming about how overhead squatting is bad for your back. It's only "bad" if you want your lower back to remain weak and unstable and you prefer the rounded shoulders that every desk jockey on the planet has. All the overhead squat does is expose weakness–and provide the very training stimulus you need to correct that weakness. You already know that overhead pressing works the shoulders and, secondarily, the core. With a wide grip and heavy weight, the overhead squat works the shoulders and core–as well as the lats, rhomboids, spinal erectors, and, of course, legs.

Follow the step-by-step guide to the overhead squat at right, then try one of the WODs.

THE OVERHEAD SQUAT
NATE'S ADVICE

THE MOVE

Grab a loaded barbell with a wide grip and press it overhead.

"Shrug" your shoulder girdle upward and lock out your elbows to steady the bar in place with your head pushed slightly forward.

Engage your abs and lats to keep perfect tension in your upper body.

Descend into a low squat, leading with your hips. Your arms will want to bend during the descent, but keep them locked out. Engage your glutes and hamstrings to return to the start.

WOD NO. 1

EXERCISE	REPS
Overhead Squat	10 x 10 MIN. EMOM*

WOD NO. 2

EXERCISE	REPS
Overhead Squat and Chest-to-bar Pullup	21, 15, 9

*Every minute, on the minute.

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WHAT'S IN THE FRIDGE THIS MONTH



Health Nuts

Pistachios and other tree nuts are much more than just heart healthy.

BY ADAM GONZALEZ

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ATHLETES AND BODYBUILDERS are increasingly relying on plant protein for well-rounded nutrition. There are many protein supps available that are derived from plant sources, and while it's a good idea to include these, you still need whole-food plants to boost protein and healthy-fat intake. In fact, several recent studies support the health benefits of consuming pistachios and other nuts. Here's a rundown on what the science says.

PISTACHIOS CAN HELP YOU STAY ON YOUR DIET.

A 2011 study in *Appetite* resulted in what is now dubbed the "pistachio principle," which showed that snackers who left discarded shells in front of them all day may have benefited from the visual cue: They reduced calorie consumption by 18% over those whose shells were taken away.

PISTACHIOS AND ALMONDS MAY IMPROVE GUT HEALTH.

Preliminary research in 2014 suggests regularly eating pistachios or almonds may effect the composition of gut microbiota. In a small 16-person study in the *British Journal of Nutrition*, the researchers observed that people who ate 3 oz of pistachios (about two servings) or 3 oz of almonds per day showed an increase in the number of potentially beneficial butyrate-producing bacteria. Preliminary research suggests that butyrate may be a preferred energy source for colonic epithelial cells and may play a role in gut health in humans.

INCREASED CONSUMPTION OF NUTS MAY SUPPORT SATIETY.

No matter the reason you're trying to cut body fat–for health, a bodybuilding show, a photo shoot, or just to look better naked–regular consumption of pistachios and other tree nuts may be a smart snack for your waistline. Pistachios and other nuts contain healthy fats along with protein and fibre, which may help keep you satisfied longer.

LOAD UP Increase the consumption of nuts, including pistachios, almonds, Brazils, cashews, hazel, pecans, and pine. They're a good source of nutrients to include with your breakfast or midday or bedtime snack. Add one to two ounces of nuts twice a day, for a healthy, satiating snack, better for you than foods like pasta and bread.

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HOW IT WORKS Oil adds moisture to fish, lemon cuts its fishy flavour, and garlic improves its aroma

Reel It In

You don't eat enough fish because you don't know how to make it taste good. The solution is threefold: oil, garlic, and lemon. With just these ingredients, you can make any fish dish flavourful—and ab-friendly. Exhibit A, this salmon recipe.

BY AMY SCHLINGER

LEMON SALMON WITH QUINOA

YIELDS 1 SERVING

42 g quinoa
120 ml water
½ tsp extra-virgin olive oil
1 clove garlic, chopped
¼ tsp lemon juice
½ tsp dried basil
¼ tsp salt
Pepper, to taste
100g cherry tomatoes, halved
6 oz Atlantic salmon

1. Rinse quinoa under tap, then transfer to a pot. Add water and bring to a boil. Cover and reduce heat to simmer for 10–12 minutes.
2. Preheat grill. In a large bowl, combine olive oil, garlic, lemon, basil, salt, and pepper. Add tomatoes and mix.
3. Place salmon on a sheet of tinfoil. Fold up edges of foil but don't cover fish completely. Pour tomato mixture on top of salmon.
4. Place salmon packet on grill for 6–8 minutes. Remove quinoa from heat and pour onto plate. Remove salmon from grill and place on top and serve.

PER SERVING	
601 CALORIES	47g PROTEIN
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Hot Stuff

Cayenne adds spice and flavour to any food, at only six calories per teaspoon. You have the green light to bring the heat. BY CHRIS GIBLIN

WHETHER YOU'RE GETTING bogged down by the tedium of a healthy but predictable diet or are simply having trouble establishing good eating habits, literally spicing up things can help.

Although surprisingly high in vitamin A, sporting 15% of a daily dose in a teaspoon (based on a 2,000-calorie diet), cayenne pepper has benefits that are a little more intangible than the foods that anchor your meals. Several studies have confirmed the pepper's appetite-curbing qualities resulting from its main ingredient, capsaicin, which is responsible for a burning sensation on the tongue. However, there appears to be a catch with that. Although you're more prone to decreasing fatty, sweet, and salty food consumption if you aren't used to the hot stuff and raise your cayenne pepper intake, a 2011 Purdue study found that participants who were already spice aficionados were less affected.

Regardless, cayenne pepper provides a solid source of antioxidants, which are effective in the fight against free radicals, according to Sara Haas, R.D.N., a spokesperson for the Academy of Nutrition and Dietetics. More importantly, it can take potentially boring foods, such as steamed vegetables, and make them more interesting without the obvious shortcut of adding butter or oil. Haas recommends dashing dried, powdered cayenne over roasted brussels sprouts or broccoli or on scrambled eggs. Feel free to go for whole cayenne peppers as well if you want a particularly bold flavour for your next stir-fry.

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SERVES 2

- 2 scoops (52.6g) whey protein
- 1 dropper bulb (0.7ml) cayenne extract
- 100g frozen blueberries
- 1 ripe banana, sliced and frozen
- 4 oz coconut water
- 3 oz almond milk
- 40g granola
- 2 tbsp almond butter
- ¼ tsp cold-pressed ginger juice

PER SERVING			
490 CALORIES	21g PROTEIN	79g CARBS	12g FAT

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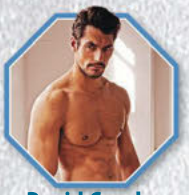
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QUICK TIP
Grill leeks with the chops; first cut them lengthwise and rub with olive oil, salt, and pepper.

Bad to the Bone

An overlooked red meat, lamb provides generous doses of iron, zinc, and B vitamins—not to mention rich flavour you wouldn't associate with healthy eating. Grilling it is easier than you think with this simple marinade recipe.

GRILLED LAMB CHOPS

YIELDS 4 SERVINGS

1 rack of lamb, French trimmed into 2-bone chops
1 shallot, minced
Juice of 1 lime
1 Thai chilli, minced
1 tbsp brown sugar
2 tbsp fresh mint, chopped
1 tbsp Dijon mustard
1 tbsp canola oil
Kosher salt
Ground black pepper

1. In a small bowl, combine all ingredients except salt and pepper. Cover the lamb chops with marinade for 30 minutes. Remove. Season with salt and pepper.
2. Place on a hot grill until internal temperature is 52°.
3. (OPTIONAL) Make romesco sauce by blending 1 slice toast, 2 tbsp each of grilled tomatoes and red peppers, 1 tbsp sautéed onion, 1 clove garlic, 2 oz olive oil, 1 tsp smoked sweet paprika, kosher salt, and pepper, 1 tbsp red wine vinegar, and 2 oz roasted almonds.

PER SERVING (CHOPS ONLY)

245 CALORIES	23g PROTEIN
4g CARBS	15g FAT

FOOD STYLING BY BRETT KURZWEIL

SAM KAPLAN

ABOUT THE CHEF
Rocco DiSpirito is the author of the *New York Times* best seller *Cook Your Butt Off!*

Sweet Potatoes

Eat for energy with these five tasty and healthy recipes.

BY ROCCO DISPIRITO



A-OK
115g of sweet potato provides 385% of daily vitamin A requirements.

1 COOK A SPAETZLE

Blend 225g grated sweet potato, 1 tbsp cold water, 20g egg-white powder, and dashes of salt and nutmeg for 90 seconds. With a spatula, push mixture through a colander and into a pot of 5 ¾ litres boiling water. Let cook 10 seconds, then drain. Cook spaetzle on a skillet until lightly browned. Add chopped sage, spinach, and chicken stock. Cook until stock thickens. Serve in a bowl.

2 NUKE THEM INTO CHIPS

Spray a plate with nonfat cooking spray and sprinkle with a dash of Old Bay seasoning. Peel 6 oz of sweet potato, then slice 3mm thick with a mandoline. Place a single layer of slices on plate. Sprinkle with Old Bay and microwave on high for 1 minute. Flip chips over and heat for another minute. Repeat process for remaining slices.

3 SERVE THEM MASHED

Peel a sweet potato and grate on a box grater's large holes. Place potato on a plate and stir in 2 tbsp water. Season with ⅛ tsp ground nutmeg, salt, and pepper. Cover with wax paper. Microwave until soft, about 5 minutes. Serve with protein.

4 EAT THEM GRILLED

Preheat grill to high. Cut a sweet potato into 12mm-thick disks. Lay them on grill, spray with cooking spray, season with salt and pepper; grill 2 minutes per side. Mix ½ tbsp coconut nectar with ½ tsp minced red jalapeño. Drizzle over disks. Top with 1 tbsp plain fat-free Greek yogurt and 3 tbsp pumpkin seeds.

5 MAKE A TRUFFLE

Place 115g peeled grated sweet potato in a bowl and microwave 2-3 minutes. Add 2½ tsp cocoa powder, 2 packets lo han sweetner, salt, and ½ tsp coconut oil. Stir and place in freezer for 4 minutes. Place 2¼ tsp shredded coconut and ½ tsp erythritol in a bowl. Form potato mixture into 2 balls, place each in the bowl, and coat completely. Serve.

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AFTER WORKING IN EUROPE FOR MOST OF THE PAST THREE DECADES, '80s ACTION ICON **DOLPH LUNDGREN** IS BACK IN HOLLYWOOD. AT 57, HE PLANS TO STAY A WHILE THIS TIME.

BY JOE WUEBBEN
PHOTOGRAPHS BY PER BERNAL

STAYING POWER

"I MUST BREAK YOU"

HE COULDN'T STAY IVAN DRAGO forever. The flat-top was bound to go out of style, the *Rocky* franchise had reached its peak, and besides, he wasn't even Russian. But here's the biggest reason why Dolph Lundgren (who's from Sweden, by the way) had to move on from Drago: because men get older.

Rocky IV hit cinemas 30 years ago, in 1985. Hard to believe, right? Lundgren is 57 now, and naturally, he looks different than he did then. The resemblance is there, of course, since he's still tall and blond and handsome, but he's not carrying quite as much muscle, and his skin has weathered a bit.

The most interesting part? Dolph Lundgren is actually better now. Because real men change, mature, evolve, adapt. Their value isn't tethered to youth. Lundgren was in Europe for the better part of the '90s and 2000s—out of sight, out of mind to American moviegoers—but he never stopped working, and he never stopped training.

"Comparing myself now to then, I would say I'm a little more skilled now," Lundgren says. "I'm more proficient in martial arts. Because at that point [training for *Rocky IV*] I'd given all that up, because I just wanted to learn how to box for the movie, and I wanted to lift weights. I try to keep the martial arts skill because, one, I use it in my movies, and, two, it makes me feel good to be able to walk into a dojo in Sweden, Australia, or America, wherever I am, and not

SHOT ON LOCATION AT UFC GYM, CALIFORNIA

seem like a chump."

"Whatever happened to Dolph Lundgren?" was probably asked thousands of times in America following *Rocky IV* and his role as He-Man in 1987's *Masters of the Universe*. What happened was, he went on to have a successful career as a movie star, with more than 60 total acting roles on his résumé as well as a handful of producing, directing, and writing credits. It's just that most of this occurred outside the United States. For a good while, he was one of the busiest action stars you never heard anything about, at least not in America.

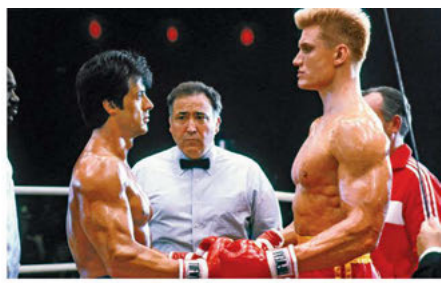
That all changed about five years ago after he landed a role in the action-star-loaded cast of *The Expendables* and moved back to America. Since then, he's appeared in both *Expendables* sequels as well as several other U.S.-based productions, including *Universal Solider: Day of Reckoning* with Jean-Claude Van Damme and even a one-off appearance earlier this year on the comedy TV series *Workaholics*. His most recent film, *Skin Trade,* which he produced, co-wrote, and starred in, was released earlier this year.

GROOMING BY KITTY JEANNETTE NIELSEN



Pushups and other body-weight moves have always been a major part of Lundgren's routine.

A FIT LIFE—PLAYED OUT ON FILM



ROCKY IV (1985)

Lundgren's turn as the Russian killing machine Ivan Drago in Rocky IV made him an instant household name. He was a character you loved to hate, but who ultimately had a human side people could identify with—and a physique that every guy wanted.



MASTERS OF THE UNIVERSE (1987)

In the era of the reboot, it's safe to say we'll probably see another He-Man movie. To date, however, Lundgren is the only man to step into the iconic role. It's also safe to say that if Thor had been made in the '80s, Lundgren would've had that role, too.



SHOWDOWN IN LITTLE TOKYO (1991)

Co-starring the late Brandon Lee, this buddy-cop flick saw Lundgren on the trail of the Yakuza in Los Angeles. It also gave a chance for both men to show off their legitimate martial arts chops in action sequences that hold up today.



UNIVERSAL SOLDIER (1992)

The original featured three M&F cover guys: Lundgren, Jean-Claude Van Damme, and Ralf Moeller, all of whom played casualties of war, resurrected as perfect soldiers who declare war on one another. To date, there have been six films in the series.



THE EXPENDABLES (2010)

When Sylvester Stallone brought Lundgren on board for his '80s-action throwback, it marked the rebirth of Lundgren's work in American cinema. Lundgren returned for The Expendables 2 and 3 and moved from Sweden back to the States.

AF ARCHIVE/ALAMY; UNITED ARCHIVES GMBH/ALAMY; AF ARCHIVE/ALAMY; MOVIESTORE COLLECTION LTD/ALAMY (2)



“ALL THE THINGS I DO HELPED ME FEEL BETTER AND MORE FIT BUT ALSO MORE BALANCED.”

So is it fair to say that Dolph Lundgren has made an American comeback?

"Yeah, that's fair," he says. "I was in Europe focusing on my kids. I wasn't focusing on the business. You have to be in America to do well in show business, especially with the types of movies I do, preferably in Hollywood. There's a certain energy in the States, and that's the reason I wanted to come here as a kid when I was only 14 or 15. The last five years, I've slowly worked my way back into the business and into the popular culture here, and it feels good. Europe is a great place, but somehow in America if you put in the hard work, you know it's going to pay off, whereas in other places it's not so certain."



Much of the hard work Lundgren refers to happens in the gym. He was very active as a child growing up in Sweden, playing ice hockey and starting karate at a young age. (He earned a third-degree black belt as an adult in 1998.) After moving to America for college on academic scholarships and eventually pursuing an acting career, he got more serious about lifting weights. He trained with Sylvester Stallone for *Rocky IV* and even worked out for a time in the '80s with Lou Ferrigno at Santa Monica Body Building Center in California.

His workouts have changed since then, but not all that much. At 6′4″, he never had the build to lift prodigious weight; he says he never went above 300 pounds or so on the squat or deadlift, even in his younger years. But his training has become more diverse, more fluid than structured.


UFC
UFC
ハンス・ラングレン

"I'm more conscious of injuries now than I was when I was 27, so I do more rehab work, more balance work, and more work on the smaller muscles like the rotator cuffs and hip flexors. But I do try to keep some heavy lifting in my routine.

"For being 30 years older, the only difference is I have to take care of myself a little more when I'm not training. In those days you could go out and have 10 tequila shots, stay up all night, and then go to the gym in the morning. If I did that now," he says with a laugh, "I'd be struggling."

He typically trains four or five days a week, implementing a variety of training styles and modalities. For example: He does traditional weight training with the squat, bench press, deadlift, military press—and curls—a couple of days a week; he also mixes in more "functional" training by using a Bosu ball and incorporating strongman lifts, particularly heavy sandbag carries (see page 31); and he keeps up with his martial arts skill training and hits a heavy bag for conditioning. When he doesn't feel like lifting in the gym, he loads up a backpack with extra weight and goes for a long hike; he swims when an Olympic-size pool is available to him, such as when staying at a nice hotel; he stretches regularly to maintain flexibility for his martial arts; and he also meditates daily.

"I get bored with too structured of a workout," Lundgren says. "I think there's a benefit to having a regimented schedule, like getting up at the same time every morning and having breakfast. But if I have a new workout coming up, it's exciting for me. If I have the same workout for four weeks, and I've done that, it just becomes something like self-punishment. I meditate every morning, and that really helps. It's like they say: Life becomes a glide instead of an effort. It's true. Life becomes easier. You don't hold on to things as much."

Lundgren's training may not always be regimented, but he stays consistent with it. Always has. This has obviously helped him land roles throughout the years, most of which have required him to be in shape and proficient at fighting, but Lundgren also credits his active lifestyle—not just the meditation—for improving his mental state.

"All the things I do in my training have helped me feel better and more fit but also more balanced," he says. "And I think it's helped me deal with a pretty tough business without getting lost in it. It's paid dividends for me even in just the last year or two. When I moved back to L.A. and did the first *Expendables,* I started to put more of an emphasis on my training and meditation and focusing a little more on my career. But it takes a while for things to develop. You have to do the roles, and then the movies have to be edited and put out there, and people have to see them. So there's, like, a two-year or more delay before it gets out there in the ether. I'm feeling good about it now, and people are catching up to it a little more. It gives me a grounded feeling."

> **"NOTHING IS PERMANENT. EVERYTHING BLOSSOMS AND DIES."**

At 57, Lundgren is by no means the old man of Hollywood. Stallone is 68, Schwarzenegger, 67. Lundgren looks forward to having many productive years left in him as an actor, writer, producer, and director. He cites Morgan Freeman and Clint Eastwood as two other Hollywood stars doing some of their best work



Lundgren's training today is less about heavy weights and more about moving his body through a full range of motion.



in middle age and beyond, and he hopes to fall into that category. But as much as he looks to a bright future, he can't help but look back at himself 30 years ago as Ivan Drago, the role that launched a career still going strong through stints in Europe, Asia, America, and places in between.

When asked what he sees when he looks at the 30-year-old photos of himself in *Rocky IV,* Lundgren says, "In painting they used to call it 'the artist as a young man'—the artist always paints himself younger than he is. There's a magic kind of energy there when I see pictures of myself as Drago. I see the innocence in my eyes. It's like a boyishness that's wonderful and beautiful, but I had to go through so much to get to where I am today. I wouldn't want to do it again, so it's a bittersweet experience. It's like in meditation: You have to accept the impermanence of existence. Nothing is permanent. Everything blossoms and dies. So I think two things: I feel happy for having had the opportunity to be in the business and being in shape, and I'm glad I'm in shape now. I'm trying to squeeze as much out of it as I can. I want to keep acting and producing and directing and being fit... and being thankful that I'm still around." M&F

Train Like Dolph

The two workouts below, provided by Dolph Lundgren, represent his current resistance-training routine for developing functional strength and power and optimising recovery.

OLD-SCHOOL STRONG-MAN WORKOUT

EXERCISE	REPS
1A Heavy Sandbag Carry	20 yards (140 lb bag)
1B Bosu Sandbag Chest Press	15
2A Light Sandbag Clean and Jerk	12 (80 lb bag)
2B Light Sandbag Over-the- Shoulder Carry	20 yards (80 lb bag; switch shoulders after 10 yards)
3A Sandbag Toss Over Shoulder	16 reps per side (80 lb bag)
3B Plank with Leg Curl	15 per leg

Perform each pair of exercises as a superset. Complete three to four sets each.

RECOVERY CIRCUIT

EXERCISE	REPS
1A Bear Crawl into Side Plank	8 per side
1B Pushup into Lunge Stretch	10 per side
1C Medicine Ball X's	20
1D Bosu Band Flye	10 reps each direction
1E Bosu Dumbbell Clean and Jerk	12

Complete one set of each exercise, resting 30 seconds between exercises. Rest 90 seconds, then repeat for three total rounds. Finish the workout with three to five rounds of bag/mitt work. For exercise descriptions, go to ***muscleandfitness.com/dolph.***











A MAN AND A BARBELL
Our program strips it down and makes it simple: A loaded bar and a place to do pullups account for half of everything you need.

SHREDDED FOR SUMMER

Summer is here, and there are no more excuses. Luckily for you, in just four weeks you'll be able to take your shirt off, hit the beach, and be damn proud of the way you look.

BY DUFFY GAVER /// PHOTOGRAPHS BY IAN SPANIER

IT'S NOT ROCKET SCIENCE. If you want to pull the layers of fat off your body and reveal all the hard work you've been putting in over the winter, you'll need a clean diet and, well, some more work. Your training needs to burn excess calories through a combination of heavy weight, high volume, and high intensity. That's exactly what this programme provides—attacking the problem from every angle. At first glance, it might seem all over the map, but every move in this combination of bodybuilding and CrossFit is calculated to elicit the desired effect—lose body fat without losing muscle.

Week 1 of the programme starts with a max-out day. We start there to set the bar for the rest of the programme. No, this isn't a strength-focused programme, but if you follow it to the letter and eat well, when you repeat this workout in Week 4, you *will* be better at it. And if you're better at that workout while dieting, you can't help but look better. If you're weaker, that's a sign that you took a major misstep, likely with your diet by not fuelling up properly.

In the other sessions, there are elements of traditional bodybuilding and CrossFit intermingled. A lot of guys who have been following a traditional body-part split might balk at these CrossFit elements. They'll say they don't want to do exercises like toes-to-bar and kipping pullups. "Can I swap it out for something else?" they'll ask. Yes—if you honestly can't do the moves listed. But you need to at least try everything listed.

If you can't do it, then scale it back a little, either by lightening the load or cutting back a few reps. But don't look for an out with every move that makes you uncomfortable. If you start swapping out everything, you might as well just ride a bike every day. You could, in theory, burn the same number of calories that way—you'd lose muscle, lose strength, and essentially become a lesser version of yourself. So don't start down that path. If you knew a better way to get ripped, then you probably wouldn't be reading this. Just know that Brad Pitt, Chris Hemsworth, and Chris Pratt all did a version of the programme you now hold in your hands. You can do what they did if you attack this thing with purpose. When all's said and done, you'll look better than you ever have in your life.

SHOT ON LOCATION AT CROSSFIT BMF, CALIFORNIA

MONDAY

Directions: Take about five sets or 10 minutes to work up to a near one-rep max in each of the four main lifts. This is not a powerlifting meet. It's OK to leave something in the tank, but you should work up to as heavy as you can on that particular day.

EXERCISE	REPS
Squat	1RM
Overhead Press	1RM
Deadlift	1RM
Bench Press	1RM
Pullup	Failure

TUESDAY

Directions: After situps, work up to a comfortable one-arm snatch for 10 reps. Use that weight for the rest of the workout.

EXERCISE	REPS
Situp	100 total

CIRCUIT: Complete for time

EXERCISE	REPS
Alternating DB Snatch	20, 16, 12, 8
Burpee	20, 16, 12, 8

WEDNESDAY

CARDIO
Directions: Run, row, or bike for 30 minutes. Work up to a heart rate of 180 minus your age and maintain it.

THURSDAY

REST

FRIDAY

"CINDY"
Directions: Complete as many rounds as possible in 20 minutes of:

EXERCISE	REPS
Pullup	5
Pushup	10
Body-weight Squat	15

SATURDAY

CARDIO
Directions: Run, row, or bike for 35 minutes at a heart rate of 180 minus your age.

SUNDAY

REST or optional light cardio



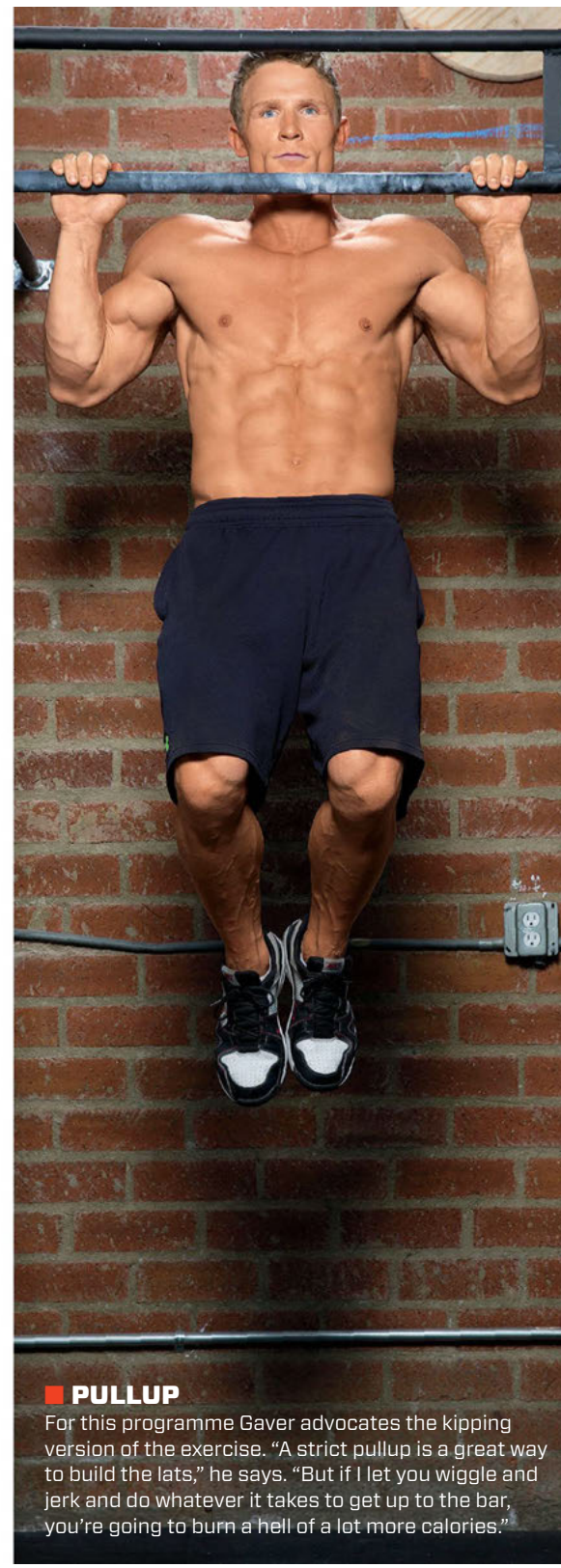
DEADLIFT
Use an alternating grip and don't stop until you reach full hip extension. As the weight gets heavier, be sure to keep your back as flat as possible.



BODY-WEIGHT SQUAT
Sit low on each rep, getting your thighs just below parallel. When done for the "Cindy" workout, the reps should be as fast as possible.



SITUP
Set your feet under a sturdy anchor point such as a power rack or a set of heavy dumbbells (shown). Use a full range of motion on each rep.



PULLUP
For this programme Gaver advocates the kipping version of the exercise. "A strict pullup is a great way to build the lats," he says. "But if I let you wiggle and jerk and do whatever it takes to get up to the bar, you're going to burn a hell of a lot more calories."

GROOMING BY CARISSA FERRERI



TOES-TO-BAR

(1) Hang from a pullup bar and whip your legs behind you to extend your hips and arc your body. **(2)** Swing your legs forward with power as you lean your torso back. **(3)** Complete the rep by kicking the bar. As you swing back down, arc your body to go straight into the next rep.



BENCH PRESS

As you set up, press your traps into the bench and squeeze your shoulder blades together. This creates a solid base to press from. Keep your feet flat on the floor and use a shoulder-width grip.



WALKING LUNGE

Keep your upper body tall and drop your back knee close the ground on each rep. Since these are performed as straight sets and not as part of a circuit (and only for 10 reps at a time), go as heavy as you can with the weight. If you normally use 30s for a set of 20, try making a jump to 50s and see how you feel.





BARBELL THRUSTER
The thruster is a front squat that finishes with an overhead press, using leg drive to propel the bar. A push press, on the other hand, only uses a slight bend in the knee to provide leg drive.

MONDAY

Directions: Perform exercises marked with an * as couplets–supersets without rest.

EXERCISE	SETS	REPS
Dumbbell Flye*	5	10
Bench Press*	5	10
Diamond Pushup	3	15
Lateral Raise*	5	10
Barbell Overhead Press*	5	5
Upright Row	3	15

TUESDAY

Directions: Perform all exercises as straight sets, resting as little as possible.

EXERCISE	SETS	REPS
Walking Lunge	3	10
Squat	5	4
Calf Raise	3	15
Deadlift	5	5
Dumbbell Row	3	15

WEDNESDAY

REST

THURSDAY

Directions: Perform the following exercises one time through without resting.

EXERCISE	REPS
Pullup	25
Dumbbell Thruster	25
Toes-to-bar	25
Plyo Pushup	25
Kettlebell Swing	25
Push Press	25
Burpee	25
Sumo Deadlift to High Pull	25
Box Jump	25

FRIDAY

CARDIO
Directions: Run, row, or bike for 40 minutes at a heart rate of 180 minus your age.

SATURDAY

Directions: Perform exercises marked with an * as couplets–supersets without rest.

EXERCISE	SETS	REPS
DB Kickback*	5	10
Dip*	5	5
Close-grip Bench Press	5	5
Dumbbell Curl*	5	10
Chinup*	5	5
Barbell Curl	3	15

SUNDAY

REST or optional light cardio



DIP
Try to get your upper arms parallel to the floor on each rep. You can lean forward to emphasise the pecs, or try to stay perfectly upright to emphasize the triceps.



DUMBBELL ROW
Initiate the move by retracting your shoulder blade. Keep your back flat as you row the weight to your chest; try not to rotate your torso as you pull.

WEDNESDAY

Directions: Perform exercises marked with an * as couplets–supersets without rest.

EXERCISE	SETS	REPS
Dumbbell Bench*	10	10
Dumbbell Row*	10	10

CIRCUIT: Perform as many rounds as possible in six minutes of:

EXERCISE	REPS
Power Clean (with 95 pounds)	7
Box Jump (to 24-inch Box)	7
Toes-to-bar	7

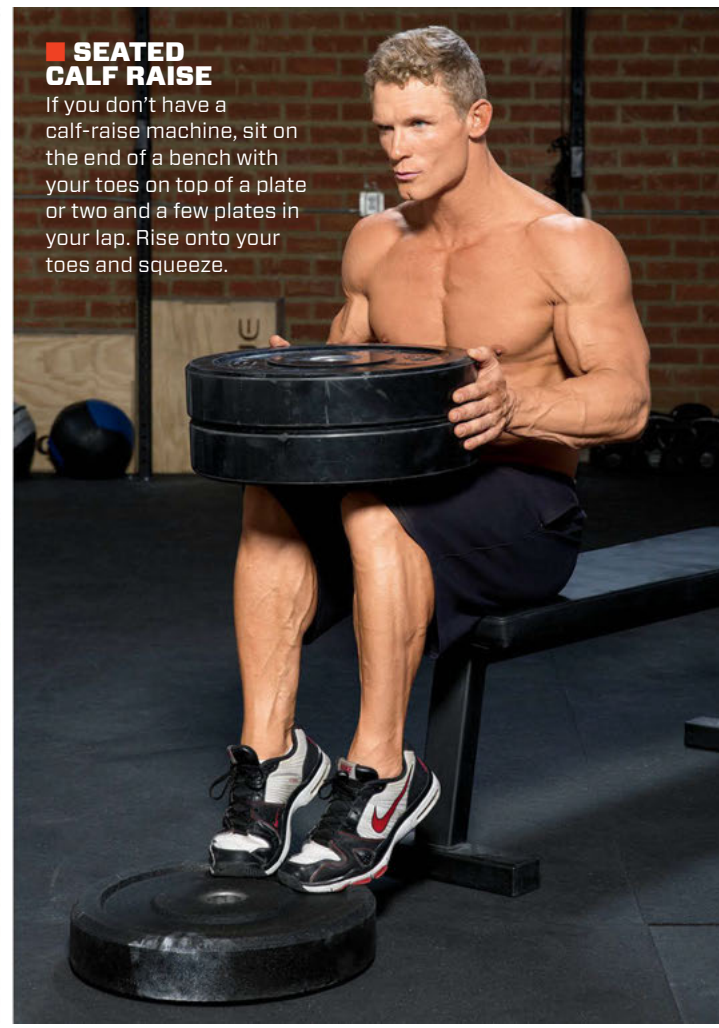


1



2

DIAMOND PUSHUP
Get into a pushup position, touching your thumbs and forefingers together on the floor. Drive off the floor, pushing from your triceps.



SEATED CALF RAISE
If you don't have a calf-raise machine, sit on the end of a bench with your toes on top of a plate or two and a few plates in your lap. Rise onto your toes and squeeze.

TUESDAY

Directions: Perform exercises as straight sets. For situps, take as many sets as needed to get 100.

EXERCISE	SETS	REPS
Body-weight Squat	10	10
Dumbbell Walking Lunge	5	10
Seated Calf Raise	4	15
Situp	–	100

WEDNESDAY

CARDIO
Directions: Run, row, or bike for 45 minutes at a heart rate of 180 minus your age.

THURSDAY

REST

FRIDAY

Directions: Perform all exercises for three sets to failure. Rest three minutes between each set.

EXERCISE	SETS	REPS
Dip	3	Failure
Diamond Pushup	3	Failure
DB Kickback	3	Failure
Barbell Curl	3	Failure
21s with EZ-curl Bar	3	Failure
Reverse Curl	3	Failure

SATURDAY

"FRAN"
Directions: Perform 21, 15, and 9 reps each of the following exercises, alternating between each exercise.

EXERCISE	REPS
Barbell Thruster (with 95 pounds)	21, 15, 9
Pullup	21, 15, 9

SUNDAY

REST or optional light cardio

MONDAY

Directions: Refer to Monday's workout directions in Week 1.

EXERCISE	REPS
Squat	1RM
Overhead Press	1RM
Deadlift	1RM
Bench Press	1RM
Pullup	Failure

TUESDAY

REST

WEDNESDAY

Directions: Perform one time through. Rest as little as possible.

EXERCISE	REPS
Pullup	50
Thruster (with 45-pound Bar)	50
Toes-to-bar	50
Pushup	50
Kettlebell Swing	50
Push Press (with 45-pound Bar)	50
Burpee	50
Sumo Deadlift to High Pull (with 45-pound Bar)	50
Box Jump (to 20-inch Box)	50

THURSDAY

REST

FRIDAY

Directions: Complete 10 rounds of the following couplet for time. Work upward to 10 on pullups and work downward from 10 on body-weight squats.

EXERCISE	REPS
Pullup	1–10
Body-weight Squat	10–1

SATURDAY

CARDIO

Directions: Run, row, or bike for 50 minutes at a heart rate of 180 minus your age.

SUNDAY

"CINDY"

Directions: Complete as many rounds as possible in 20 minutes of:

EXERCISE	REPS
Pullup	5
Pushup	10
Body-weight Squat	15

1



SQUAT

Hold a loaded barbell on your back, pinning it across your traps at the tops of your shoulder blades. Drop into a low squat, with your thighs parallel to the floor. Drive through your heels as you stand back up.

2







SUMO-DEADLIFT-TO-HIGH-PULL
Stand in front of a loaded barbell with a wide stance and your toes pointed out slightly. Squat down low and grab the bar with an overhand grip, your hands inside your knees. Stand up explosively, pulling the bar upward as you do. In the finish position, the bar will be just under your chin, your elbows flared out to the sides.



BOX JUMP
Stand in front of a plyo box and squat down low, swinging your arms back as you do. Swing your arms forward as you jump up explosively. Land on top of the box with "soft" knees to decelerate into the landing. Jump down and immediately go into the next rep.

NUTRITION

For our fat-loss guidelines, check out the *M&F* food pyramid at *muscleandfitness.com/pyramid*. While you're there, you will also find loads of recipes, meal plans, and healthy eating tips.

ABOUT THE TRAINER

Duffy Gaver is a former Navy SEAL–turned-personal trainer. His client roster has included Brad Pitt, Chris Hemsworth, and Chris Pratt. M&F



Idiot Proof

These five clean muscle-building recipes are as easy to make as they are delicious.

BY CARLO FILIPPONE
PHOTOGRAPHS BY TRAVIS RATHBONE





BALSAMIC CHICKEN BREAST

SERVES 2

3 tbsp extra-virgin olive oil
2 (6 oz) chicken breasts
1 tbsp chopped shallots
60ml balsamic vinegar
1 tsp minced garlic
1 tsp chopped fresh basil
¼ tsp sea salt
¼ tsp black pepper
⅛ tsp bay leaf powder

Place a skillet or sauté pan over medium heat, then add olive oil. Heat for 30 seconds. Add the chicken breasts. Brown each side. Add the shallots. Cook till shallots are lightly browned. Slowly add the balsamic vinegar. Add the remaining spices. Turn heat to medium-low. Cook for 5–7 minutes. Remove chicken breasts and serve with veggies and/or clean carbs. Pour the remaining liquid over breasts for added flavour.

MACROS PER SERVING

516 CALORIES	50g PROTEIN	2g CARBS	34g FAT

WELL-ROUNDED
We made our chicken with vegetable brown rice (carrots and corn added) and kale lightly sautéed in olive oil.



JAMES ELLIS
- FITNESS COVER MODEL
- WBFF WORLD CHAMPION
- TEAM SCITEC USA

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BOK CHOY
Also known as Chinese cabbage, bok choy offers low-calorie roughage (12 calories per 100 grams), and it's high in vitamins A, B6, C, and K.

BAKED ASIAN COD

SERVES 2

170g honey
60ml apple-cider vinegar
60ml light soy sauce
60ml sesame oil
1 tsp chopped fresh ginger, peeled
⅛ tsp freshly ground black pepper
2 pinches sea salt
2 (6 oz) cod fillets

Mix all the ingredients, except the cod fillets, in a large bowl. Add the cod to the bowl. Submerge the cod and allow to marinate. Overnight is best, but an hour or so will suffice. Preheat oven to 220°/Gas mark 7. Remove cod from the bowl and place on a cookie sheet coated with nonstick cooking spray. You may pour any leftover mixture over the cod for extra flavour. Cook fillets for 8–10 minutes, or until their internal temperature reaches 65°. Serve with vegetable (such as bok choy) and/or carb of your choice.

MACROS PER SERVING

695	40g	78g	30g
CALORIES	PROTEIN	CARBS	FAT



TURKEY STEW

SERVES 3

4 tbsp extra-virgin olive oil
1½ lbs minced turkey
2 garlic cloves, chopped
1 medium onion, roughly chopped
2 celery stalks, cut into 2.5-cm cubes
6 baby carrots
4 (14 oz) cans chopped tomatoes
240 ml low-sodium chicken stock
½ tsp sea salt
½ tsp freshly ground black pepper
¼ tsp bay leaf powder

Pour oil in a pot over medium heat. Add the minced turkey. Stir well until turkey is light brown. Cook for 2–3 minutes. Add the garlic, onions, celery, and carrots. Cook for 5 minutes. Add the tomatoes and stock; stir. Bring to a simmer and add spices. Reduce heat to medium, cover, and cook for 1 hour, stirring occasionally.

MACROS PER SERVING

683	66g	17g	44g
CALORIES	PROTEIN	CARBS	FAT

KEEP IT LEAN
Minced sirloin steak works best for this recipe. Ask your local butcher to mince it to around 93% lean.

LEAN BEEF MEAT LOAF

SERVES 3

- 1½ lbs minced beef (93–96% lean)
- ½ medium onion, chopped
- 1 (6 oz) can tomato paste (optional, but if used will add moisture)
- 1 garlic clove, chopped
- 2 tbsp chopped red bell pepper
- 2 tbsp chopped green bell pepper
- 3 tbsp bread crumbs
- 1 whole egg or 2 egg whites
- 1 tsp freshly chopped Italian parsley
- ¼ tsp black pepper
- ¼ tsp sea salt
- ½ lb potatoes, cut into wedges
- 120 ml low-sodium chicken stock

Preheat oven to 220°/ Gas mark 7. Combine all ingredients, except the potatoes and stock, in a large mixing bowl. With clean hands, mix all the ingredients thoroughly. Shape the meat loaf however you like, but keep the thickness at about 7.5cm. Place it onto a baking pan. Place the potato wedges around the meat loaf. Pour the broth over the meat loaf and potatoes. Place in the oven and bake for 30 minutes, or until centre of meat loaf reaches 70°. Remove from oven. Let stand for 10–20 minutes. Slice and enjoy!

MACROS PER SERVING

484	64g	22g	16g
CALORIES	PROTEIN	CARBS	FAT



BAKED GINGER SALMON

SERVES 2

- 2 (8 oz) salmon fillets
- 2 tsp peanut oil
- 2 tbsp chopped garlic
- 1 tbsp chopped ginger, peeled
- 1 tbsp chopped lemongrass
- 125g asparagus tips
- 45g brussels sprouts, halved
- 70g snow peas
- ½ red bell pepper, sliced
- 60 ml light soy sauce
- 2 tbsp water
- ⅛ tsp sea salt
- ⅛ tsp black pepper

Preheat oven to 220°/Gas mark 7. Place salmon fillets on a cooking tray and put in the oven. Cook fillets for 10–12 minutes, or until their internal temperature reaches 65°. Add peanut oil to a skillet or sauté pan. Heat for 20 seconds. Add garlic, ginger, and lemongrass. Stir quickly, then add asparagus, brussels sprouts, snow peas, and red bell pepper. Cook for 1 minute. Add soy sauce, water, salt, and pepper. Cook for 4–5 additional minutes, or until veggies are tender to the touch. Remove salmon from the oven and top with vegetables. M&F

MACROS PER SERVING

424	50g	22g	19g
CALORIES	PROTEIN	CARBS	FAT

ABOUT THE CHEF

A three-time bodybuilding champ, Carlo Filippone is the CEO of Elite Lifestyle Cuisine. *elitelifestyle cuisine.com*



FOOD & PROP STYLING BY ROSCOE BETSILL



25 WAYS TO GET RIPPED

GET YOUR BEACH BODY WITH THESE TIPS FROM THE FITNESS INDUSTRY'S TOP EXPERTS.

BY SEAN HYSON, C.S.C.S., AND MATT TUTHILL

PHOTOGRAPHS BY MICHAEL NEVEUX

Our goal with this article is to give you enough information to get yourself ripped before the end of summer, no matter what condition you're in now or how little you may know about training and nutrition. It's all here: how to set up a workout programme, a diet, exercises you should do, ways to boost your intensity and metabolism, foods you must eat, and when to consume them for the best results. We've taken years of science and experimentation, culled from some of the brightest minds in the fitness game, and condensed it all into 25 ways you can get ripped to shreds. Fast.

01 HIT YOUR NUMBERS

Just winging it with your diet will yield results as long as you make healthy food choices, but if you want to look movie-ticket ripped, you need to count calories and macros. "Twelve calories per pound of lean body mass is a good starting point," says Nate Miyaki, C.S.S.N., a nutritionist and trainer in San Francisco. You can also use the weight you want to be. So if you're a soft 200 pounds and think you would look ripped at 180, start at 2,160 calories per day (12 x 180).

Set your protein at one gram per pound of your target weight, your carbs at one gram per pound, and your fat at 0.4 gram per pound.

02

KEEP GOING HEAVY

"A lot of guys will lower the weight they use when they're trying to lean out," says Derek Poundstone, a two-time Arnold Strongman champ and owner of Poundstone Performance in Connecticut, USA. "But it just robs you of strength." Poundstone keeps going heavy while maintaining training volume, so he does multiple sets of low reps, such as eight sets of three.

03

DO MORE WORKOUTS

Adding a few short, low-intensity sessions to your training week can increase your metabolism and recovery. "The trick is to keep these workouts to only 15 to 20 minutes," says Jim Smith, a strength coach and author of *Diesel Mass*. And be sure to go light. You can even train twice in one day—morning and night. Take these sessions to work on weaknesses.

04 HAVE HEAVY DAYS AND LIGHT DAYS

If you follow a body-part split, have a heavy day when you work in the range of five to eight reps and another day later in the week when you hit the same muscles with 12 to 15 reps. The undulating intensity promotes recovery and prevents injuries and burnout.



05

FLAVOUR YOUR CARBS

Rice and potatoes should be a major part of any diet to build muscle or shred fat. But, as you've noticed, they're bland. "Boil them in low-sodium chicken broth," says Gavan Murphy, owner of the L.A.-based catering company the Healthy Irishman, "and add some freshly grated ginger as well. "It adds a ton of flavour and no time to your meal prep."

06

DO FULL-BODY WORKOUTS

"If you've been doing a body-part split, switch to full-body," says Ben Bruno, a Los Angeles trainer to celebrities. Two good reasons why: Full-body workouts work more overall muscle in a session, thereby burning more calories. They also reduce the total volume you can perform for each body part, which means you'll recover better and be able to train the muscles more frequently. "Higher frequency training yields faster gains," Bruno says.

07

BLOW UP YOUR LATS

Want to make your waist look smaller? Make your lats wider. Here's a tip from Chad Waterbury, author of *High Frequency Training 2*: Do one set of as many pullups as possible in the morning. At night, go back and do another set. Repeat this every other day. "After 30 days, retest your max," Waterbury says. "You can expect an 8- to 10-rep increase."

08

MAKE YOUR OWN SALAD DRESSING

Green vegetables don't count as carbs, and you can eat them with wild abandon without consequences. Here's a recipe for a high-protein honey mustard to dress them up: Whisk together 120g fat-free Greek yogurt, 2 tbsp yellow mustard, ½ tbsp raw honey, and 1 tbsp lemon juice. That's 12 grams protein and eight grams carbs.



09

KEEP MOVING

Most of your fat loss will come by way of your diet, but the rest comes from physical activity—and we don't just mean your workouts. Non-exercise physical activity (called NEPA) may account for 20% of your fat loss, according to Miyaki. "Walk or ride a bike to work, walk to do your errands, take a hike on the weekends, or enjoy more sexy time with your significant other. This type of informal, low-intensity activity can give you many of the same benefits as traditional cardio without the drawbacks—like joint wear and tear, repetitive strain, and impaired recovery from strength training."

10 STAY IN THE 8-TO-12 RANGE

No, we're not contradicting what we said earlier, just amending it. Heavy lifting will preserve muscle and strength while dieting, but Bruno says sets of 8 to 12 will do the most to maximise muscle gains while in a caloric deficit. "Moderate rep ranges give you the most bang for your buck."

11 DO A BACK-OFF SET

"Increasing metabolic stress during your workout has been shown to increase the potential for greater growth," says Smith. One simple way to jack up the intensity is to perform a high-rep back-off set after your last main set of the workout. Take 50% of the load you used on your heaviest set of your main lift and perform 50 to 100 reps with it. So if you just squatted 315 for five reps, back off to 155 pounds and go for broke. If you can't complete all the reps in one shot, rest-pause your way through the set. "But rest no longer than 20 seconds," Smith says.

12 ADD "FINISHERS"

"High-rep kettlebell swings, high-rep barbell squats, pushups, and even plyometrics are great ways to leave you breathing heavy after your workout's done," says Lee Boyce, C.S.C.S., a strength coach in Toronto. "They can also catalyse fat loss by keeping your metabolism up for hours."

13

GET MOBILE

Keeping your heart rate up between sets encourages more calorie burning. Instead of sitting and waiting for your next set, build some mobility training into your workout. Foam rolling, dynamic stretches (leg swings, shoulder rotations, etc.), and prehab exercises, like face-pulls, can all be used between sets to work on weak points, improve flexibility, and prepare the body for heavier sets to come later in the workout. "These won't take away from your strength," Bruno says, "but over the course of the workout they'll increase the metabolic demand."



14

DOUBLE YOUR SHAKES

The easiest way to add more calories to your diet in order to gain mass is to start with your post-workout shake. Double your dosage. This allows you to deliver more protein and carbs in a quick fashion that's easy to digest. It won't bloat or fill you like a whole-food meal, so you'll be hungry and able to eat again soon.

15

KEEP CARBS HIGH WHILE CUTTING

You've heard the rhetoric: You have to go low-carb to lose fat. But that's not true. "With adequate carb intake, you get better anaerobic fuel for high-intensity workouts," says Miyaki, author of *The Truth About Carbs.* "You get better muscle retention, and you maintain natural hormone production and metabolic rate." Plus, you don't set yourself up for a post-dieting rebound in which you pig out eating every carb in sight.

16

EAT RUNNY EGG YOLKS

"Eating slightly undercooked yolks at night can push you further into the rebuilding and leaning-out state while you sleep," says T.C. Hale, a celebrity trainer in Los Angeles and the author of *Kick Your Fat in the Nuts*. Night is when your body naturally prepares to rebuild and recover, so eggs eaten at this time encourage the process—the science is unclear, but it may have to do with the protein not being damaged by heat.

17 EAT KIMCHI

This Korean cabbage mix may be the healthiest condiment. It's packed with prebiotics, which feed the gut bacteria that help you digest food, and also capsaicin, which a 2012 Purdue University meta-analysis found boosted thermogenesis.

18 GO TO FAILURE

Last October, the *Journal of Sports Medicine and Physical Fitness* published a study in which 79 subjects with training experience were divided into three groups. One took sets to self-determined failure, another was goaded to work until the participants couldn't do any more reps, and the third used a rest-pause (five to 20 seconds). The ones who stopped their sets when they wanted had insignificant results. The rest-pause group saw good gains in strength and body composition, but those who went to failure had the best gains.

19 CUT YOUR BLOOD OFF

Science is beginning to confirm what experimental bodybuilders learned years ago: Blood-flow restriction training builds muscle. A 2015 review in *Sports Medicine* found that subjects who trained wearing blood-pressure cuffs (you can also use elastic knee wraps) just below their shoulders built muscle effectively while using light loads and reps of 50 to 80 per set. Wrap your limbs snugly but not too tight—about a 7 on a scale of 10.

20

BUY ORGANIC (WHEN IT COUNTS)

"When you buy factory-farm meat and dairy, you wind up ingesting many of the hormones and antibiotics used to raise these animals," says *Restaurant Impossible* host Robert Irvine, author of the upcoming book *Fit Fuel*. "They're less nutrient-dense than their organic counterparts," so go organic for these foods. But foods with a thick peel, such as bananas and avocados, are safe enough as is—so save your money.

21

SPRINT

Want a way to raise your metabolism and get in some cardio? Find a hill, or incline the treadmill, and run up it at about 90% of your top speed. (Leave a little in the tank for safety.) The sprint itself should take five to 10 seconds. "Use the exercises in your workout to determine the number of sprints you perform," Smith says. So if you did six different lifts, perform six sprints, followed by a one-minute jog after each.

22 TAKE DIGESTIVE ENZYMES

If you're eating more to gain muscle, that means more stress on your digestive system. Digestive enzymes can help you break down the extra food and absorb nutrients better. Look for ones that contain protease, amylase, lipase, and lactase.

23

USE GIANT SETS

Giant sets are three or more exercises performed back-to-back. Select two exercises that target weak points and do them after another lift for another body part. "So, for instance, if it's leg day but you're trying to bring up your back and biceps, you could do a set of squats followed immediately by pullups and then curls," Smith says.

24

DON'T OVERDO FAT

Even if you're following a low-carb diet and losing weight, you can't eat unlimited fat. Not only will it keep you out of the caloric deficit you need to lose weight (a gram of fat contains nine calories), extra fat in your diet can throw off your ratio of omega-3 to omega-6 fatty acids, and that can damage the heart, skin, and other body functions.



25

ADD VEGETABLES

As mentioned earlier, you need to eat more greens. Still can't stand them? Start mixing them into foods you like so they're virtually undetectable but still give you the fibre and nutrients you need. It helps fill you up, too. For example, when sautéing minced beef, grate in some raw courgette. "Because it's grated, it cooks really quickly," Murphy says. Or stuff the meat into a bell pepper after it cooks and bake 30 minutes.

When you blend up a protein shake, add a cup of spinach. The blender will dice the leaves so small that you won't even taste them. M&F

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THE TITAN OF THE FITNESS INDUSTRY

Over the past 25 years, former *American Gladiators* star **MIKE "TITAN" O'HEARN** has been one of the most successful men in fitness—a bodybuilder, powerlifter, and model with more trophies and media appearances than even he can count. Now, at 46 years old, he's not slowing down—he's in overdrive, getting bigger, stronger, and more ripped than ever before. And he claims to do it all as a **100% NATURAL ATHLETE.** Believe him or not, he has transcended *Gladiators* to become one of the world's true fitness icons.

BY MATT TUTHILL /// PHOTOGRAPHS BY MICHAEL NEVEUX





IT ALL SEEMS LIKE TOO much. The perfectly coiffed hair. The millions of dollars—stashed away from years of TV and hundreds of photo shoots. The veritable castle in sunny Southern California. The loyal huskies who come to the gym with him every day, walk on the treadmill beside him, and never seem to bark. The self-satisfied smirk in all those social media pics (and God knows he posts enough of them). But if you looked like Mike O'Hearn, you'd probably be smirking all day, too. Because at 46 years old, the 6′3″ O'Hearn is a rock-solid 262 pounds of perfectly shaped muscle, shredded right down to a year-round body fat percentage of six.

Yet for all the gifts that have been bestowed on Mike O'Hearn, the rest of us mere mortals can always take solace in the fact that we know how he really got these muscles and what he does to maintain them, right? Nudge, nudge. Wink, wink. Except Mike O'Hearn swears up and down, on the bible, and on the grave of your choosing, that he is and always has been 100% natural.



When they hear it, would-be fans turn away in disbelief. They take to message boards and cry bullshit. Because most of us have our own ideas of what one man can have, and by any standard, O'Hearn has too much. You can't be one of the most celebrated fitness models of all time, with strength to match your aesthetics and fashion-model face—and longevity to top it all—and still be natural.

"I was 270 pounds as a 16-year-old," O'Hearn says with a laugh. "I've been hearing 'you're on steroids' my whole life. I was always the same weight, really. What I learned how to do over the years was take the fat off while keeping my muscle."

If classmates wondered about him at 16, the rest of the world's been wondering about him—and eager to knock him down a peg—ever since he appeared as Thor on the first run of *American Gladiators* in the early '90s. Many of O'Hearn's cast mates later admitted to using steroids, thus implicating him by association. But O'Hearn always maintained that he was natural, even though he was bigger and stronger than his juiced-up colleagues. When he went on to become the only member of the original cast to appear in the 2008 reboot—this time as Titan, and in even better shape—it made you scratch your head even more.

The world can keep wondering. The only confirmed fact is this: O'Hearn has never flunked a drug test, and he's taken nearly as many piss tests as he has selfies.

Drug tests for the *Gladiators* reboot ("NBC tested for EVERYTHING," he says) as well as drug tests he took for natural bodybuilding shows, turned up nothing. Nor did polygraph tests, he says, an extra step in some natural bodybuilding and powerlifting federations. And with a trail of clean drug

and lie detector tests in his wake and a trophy case full of hardware—O'Hearn is a four-time Natural Mr. Universe and in the Natural Bodybuilding Hall of Fame—he's still dogged by haters who jump in with sarcastic comments on nearly every social media post.

Nature produces freaks with regularity. Just look at muscle-bound Belgian Blue cattle and humans with myostatin deficiencies who grow muscle without lifting weights. But when we've seen so many athletes turn out to be frauds and liars, we don't leave room for any genetic freaks in sports, and especially not in bodybuilding.

So the comments pour in:

"Yeah, right!" "No way!" "How could he possibly say he's natural?"

And that's just what we can print.

The funny part is that O'Hearn doesn't even consider himself a freak of nature. He sees his body as a by-product of his life story—one that's been played out almost entirely inside of a gym. For the most cynical, it might help to see pictures of him playing high school American football (he was a three-year starter and All-American) in his hometown in Washington, USA. It's not hard to pick out O'Hearn in team pictures. He's nearly a foot taller—and a foot wider—than most of his teammates. He's a solid 70 or 80 pounds heavier, too.

The mass started piling onto his frame as early as 11 years old. That's when his father, Patrick O'Hearn, a natural bodybuilder himself, started bringing Mike to the gym. Giants lurked in every corner. Among them, powerlifting legends Doyle Kenady, Doug Furnas, and Jeff Magruder.

"When you're 11 years old and you

ANGLE OF ATTACK

"You can overload and keep the pressure on the quads with partial reps, or you can go superdeep and involve your glutes and hamstrings. I would alternate each workout."



see guys like that every single day, that warps your idea of what's normal, of what's possible," he says. "If you train at 24 Hour Fitness, a 315-pound squat is going to seem really heavy to you. That's just a fact. Being in an environment where 800-pound deadlifts were normal made my belief different from that of any other kid."

By the age of 14, he was competing in natural bodybuilding shows. He won the Mr. Teenage Washington at a height of 5'9" and a stage weight of 172. During the next two years, puberty went full throttle as he grew to 6'2" and gained an unfathomable, if not entirely lean, 100 pounds.

All the while he was learning the basics of what he would later fine-tune and market as power bodybuilding—a system that builds strength and size by satisfying the needs of the strength and physique athlete: Heavy weights done for only a few reps but for a lot more sets. Whereas a classic bodybuilding rep scheme is three sets of 10, a classic power bodybuilding scheme may be seven or eight sets of three—not counting any warmup sets required to get to a heavy weight. (See O'Hearn's power bodybuilding leg routine on page 126.)

He credits this system, more than any of the myriad genetic factors that might be working in his favour, as being the key to his success in bodybuilding.

"Everybody does the same thing when they get ready for a show," O'Hearn says. "They go from heavy weight and lots of calories to cardio, light weight, lots of reps, and a calorie deficit. It's common. You get stringy and small. It happened to me, too. But I figured out early on that if I kept pounding the weight, I kept the muscle. When you are dieted down, you have less fluid in your joints and you're more prone to injury, so I slowed down the reps. It's harder to do—a loaded bar feels a whole lot heavier when you're dried out—but I accepted it, and you wind up with a fuller, denser muscle."



QUADZILLA
O'Hearn's leg workout begins with a simple warmup of extensions. "I want some blood in my quads before I start anything else," he says.

TITAN TOUR

For a man who came into the public eye on a TV show that's long been cancelled, it's interesting to see that his biggest fans are young. For every 40- or 50-something who lined up to see him make a booth appearance at the Arnold Sports Festival in Columbus, Ohio, in March, there were a half dozen teenagers and 20-year-olds. The contrast is just as stark at a group training session held a few blocks away from the expo at Metro Fitness.

There, a group of seven young men and one man in his 40s are gathered around O'Hearn, who is dressed in red denim jeans, black loafers, a snow cap, and a "Titan Tour 2015" baseball T-shirt bearing his power bodybuilding



NO FLUCTUATION

"With hardcore bodybuilders, you see what happens in the off-season," O'Hearn says. "They shrink. You don't see me losing 20 or 30 pounds and gaining it back. I know it doesn't matter to people that I passed drug tests. It never matters unless you fail."

logo—the letters "PB" stuffed inside a Superman crest.

Finishing up a tutorial on squatting, O'Hearn says, "OK. One at a time on the platform." He observes each guy, pointing out flaws in technique and holding nothing back. The personalised attention comes at a price; as one guy gets his pointers, the rest wait a considerable amount of time. From the outside, it seems like a nuisance. The clients, though, each of whom plunked down $250 (around £170) for the session, unanimously say it's money well spent.

"It's absolutely worth it," says Jacob Pauley of Kentucky, USA, who made the trip just to train with O'Hearn. "I trust what he says more than most other fitness icons. He's a four-time Natural Mr. Universe, and not many guys are natural. Something's obviously working for him if he's in his 40s and still squatting 700 pounds."

On this Saturday afternoon, Metro Fitness is crammed with Arnold Sports Festival attendees getting in a workout before the bodybuilding finals that night. Moving around the gym is as tough as navigating the expo floor, which is to say nearly impossible.

When O'Hearn's group commandeers a power rack for deadlifting, the two enormous meatheads who had been working in the area—and momentarily stepped away—return to find they've lost their spot. Their looks are grave, and they seem eager to jump in and give Titan a piece of their minds. One grabs O'Hearn by the arm.

"Hey, man, do you mind?" the guy asks—then produces a mobile phone, "if I get a picture?"

The session goes on for more than three hours. Some of the guys

specifically want help with their form. Others pick his brain for diet advice as they prepare for bodybuilding shows. The nuts and bolts of training, though, aren't the main attraction. It's clear that the group—and everyone else in the gym—just wants to spend time with him. The ever-growing fan base, O'Hearn says, is due in a big way to social media.

"Social media's allowed people to come into my life a bit," O'Hearn says. "With all the columns I've done, it was all about this barbaric dude who has no limits and attacks everything. But when my dog Bunny died, and I was unafraid to share that—and other un-alpha moments like that—people really responded. I had guys coming up to me at the expo saying they were from India, or Dubai, or all these far corners of the world—and telling me they were praying for me when that happened. They sat in line just so they could say, 'I was crying when you were crying.' That was pretty special."

NEVER TEMPTED

Growing up in such a hardcore environment, exposure to steroids came quick enough. And not just in the gym. The youngest of nine kids, O'Hearn says two of his brothers and one sister took steroids. Rather than tempt him, he says it had the opposite effect.

"If you've got brothers, there's an instant rivalry," he says. "Whatever they did, whether it was drinking alcohol or staying up late, I wanted to do the opposite or do it better. With steroids, I was too young to understand that anything else was going on when it came to bodybuilding and powerlifting. Then people started telling me, 'That's what everyone in the magazines does. That's what all the bodybuilders do.' I said, 'If that's what everybody does, then let me beat them without it.'

"With steroids, there is always an up and down," O'Hearn continues. "I would see my brothers enhance to a much better level than me. In a deadlift, say, they would jump up to 500 pounds, and I'd be at 400. But when they came off the sauce they'd drop to 450, and then I'd catch that. Then they'd jump up to 600. By then I'd be at 500, and they'd drop back down. I'd say,

HAMMERING HAMSTRINGS
"At this point in the workout, your hamstrings and glutes should be on fire," O'Hearn says. "This is the best way to finish off the day and really work that glute-ham tie-in at the top of the leg."



'What is this pattern? Why get better and then get worse? If I'm going to spend this much time doing it, I want to be able to keep what I've got.'"

His eventual PRs would wind up being as staggering as his physique: An 815-pound squat, a 600 bench (along with 500x2 on an incline), and a 775 sumo deadlift.

"Could I have set records with steroids? Yes. Would I be as good as I am now? No. Steroids age you. Your connective tissue breaks down. Over time, something will inevitably tear."

Temptation was easy to avoid, he says, thanks to quick success.

"When you get discovered by Joe Weider—he walks up to you at the Mr. Olympia and says, 'I need you on the cover of my magazines,' and you're a 20-, 21-year-old kid—I realised whatever I had been doing up to that point was good enough. Would I have been tempted if I didn't find success? I hope I wouldn't have, but then again, I never wanted to be a 300-pound Mr. Olympia. I wanted a pleasing physique. I think of my body as an art piece, and it's my art piece."

Back in the gym, O'Hearn is delivering his final tutorial of the day on benching. At that moment, he's interrupted again—a hand on his shoulder, too desperate to wait. He turns to find a slight man, sheepishly apologising.

"Excuse me," the man says, "but I am from Jordan, and I am also very fond of you. May I have a photograph?"

The man is sweating, nervous with anticipation. O'Hearn merely smiles, says, "Of course," and puts an arm around him, posing for a series of rapid-fire mobile phone pics. The man had travelled from the other side of the earth, hailing from a culture that could be described as our polar opposite. But when he sees O'Hearn, none of that matters. It fades away into something basic and pure—an admiration that doesn't adhere to cultural boundaries.

A smile frozen on his face, O'Hearn poses with the man, not surprised in the least to meet yet another fan, however unlikely this one might seem.

This kind of thing happens to Mike O'Hearn every day, and at this point in his life, it's all perfectly natural. M&F

POWER BODYBUILDING LEGS

EXERCISE	SETS	REPS
Leg Extension*	4	12
Squat	7	4
Leg Press	4	8–15
Hack Squat Machine	4	10
Leg Curl	4–6	8–12

*Performed as warmup

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ER BODIES

STRAIGHT UP ABS

Carve up your six-pack with this diverse selection of old-school, gym-based moves.

BY JOE WUEBBEN PHOTOGRAPHS BY PER BERNAL



MEDICINE BALL RUSSIAN TWIST

Any well-rounded ab/core workout should include at least one rotational (twisting) movement. Don't go too fast on this exercise; move the weight side to side continuously while keeping the motion under control and your core stable throughout.

TECHNICALLY, YOU don't need any equipment to train abs. Your own body weight and some open floor space are all it should take. But that can get old after a while. Not to mention, there are various pieces of gym equipment that are great for making your abdominals work just a bit harder for new gains in strength, shape, and overall core stability. A few of our favourites: a decline bench, a medicine ball, and a Roman chair. These three in particular have been around since the Arnold, Zane, and Draper days, and for good reason.

The following workout isn't one you'll be able to do during commercial breaks of your favorite TV show. Sorry. But we're pretty sure it will be more effective than a typical living room abdominal session. Perform this four-exercise, circuit-style routine two to three days per week, either on its own, after training larger muscle groups, or before or after a cardio session. Combine it with some HIIT and a clean diet (no equipment required) and your abs will be popping in no time.



DECLINE BENCH SITUP

Keep your hands behind your head throughout the set. If this is too difficult for 20 reps, cross your arms in front of your chest (the beginner version). If it's too easy, hold a lightweight plate either in front of your chest or at the top of your head (advanced version).

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HANGING LEG RAISE HOLD

Start out with a 30-second isometric hold per set with your legs roughly parallel with the floor. As your muscular endurance improves, gradually increase that to 45, then 60 seconds. For a more advanced version, bring your legs past parallel and hold. Just make sure that most of the tension is on your abs, not just your hip flexors.

REVERSE CRUNCH

Focus on crunching your pelvis up and in toward your rib cage. This will maximise the contraction in the abs, specifically the lower portion, even though the range of motion is short.



THE WORKOUT
ABDOMINALS

DIRECTIONS: Perform the following four exercises as a circuit, doing one set of each with as little rest as possible between moves. Rest 1–2 minutes between each circuit. M&F

EXERCISE	SETS	REPS
Decline Bench Situp	4	20
Reverse Crunch	4	15
Medicine Ball Russian Twist	4	15 per side
Hanging Leg Raise Hold	4	30 sec.

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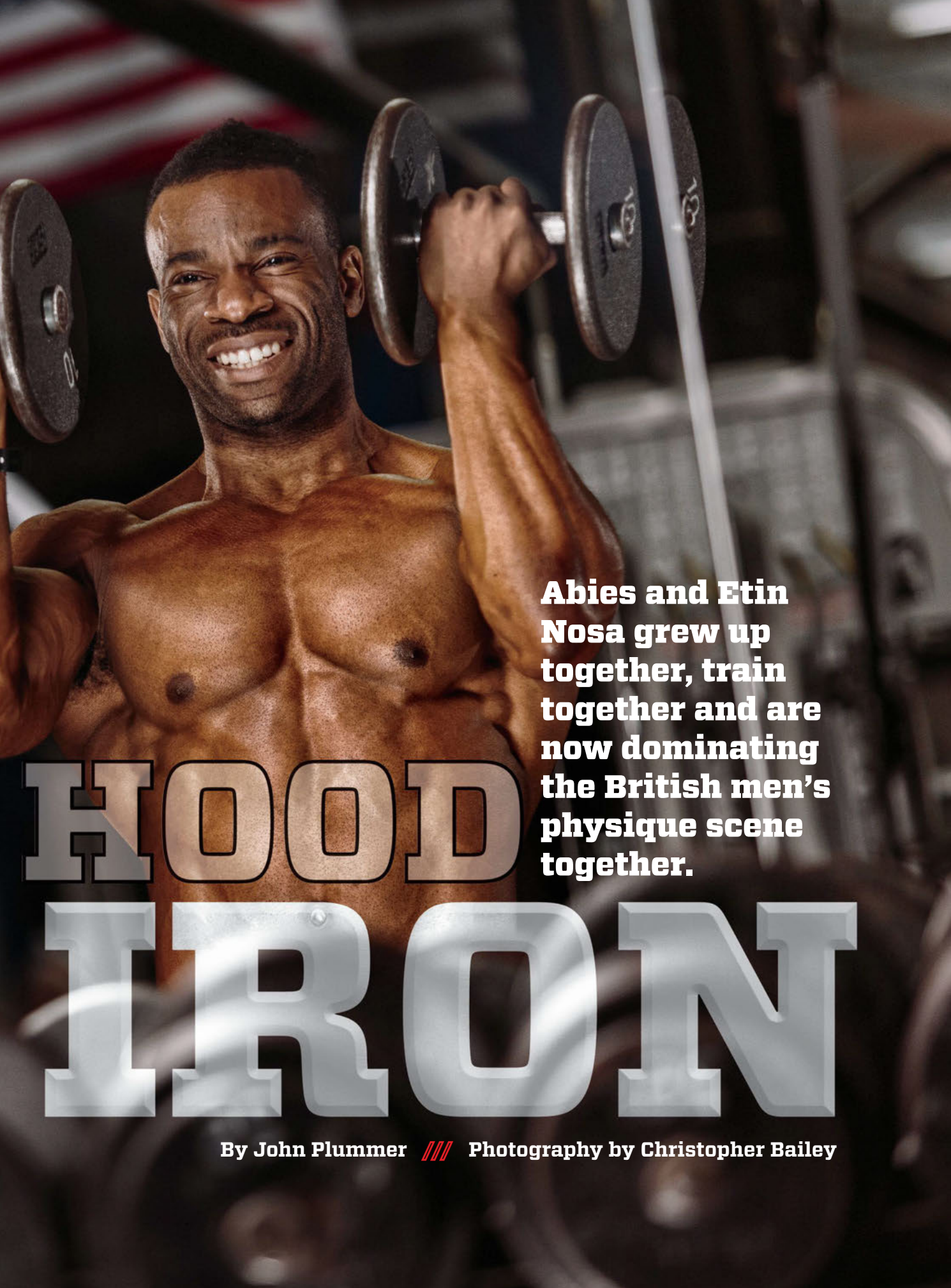
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BROTHER
OF



HOOD IRON

Abies and Etin Nosa grew up together, train together and are now dominating the British men's physique scene together.

By John Plummer /// Photography by Christopher Bailey



ETIN NOSA would have every right to boast about his body. He did, after all, finish second in his height class at the Men's Physique British Championships last year. But he doesn't even think he has the best body in his family.

"My brother is better than me," he says modestly. "He's got the abs, the small waist, the symmetry and balance. He has got something special and I am going to try and help him reach his potential."

Younger brother Abies, 26, did indeed earn family bragging rights by winning a separate men's physique height class at last year's British Championships. But these brothers with arms are not at war. They're best friends and gym buddies and desperately want each other to succeed. Consequently neither wants to put the other one down.

"We have different strengths, for example he has wider shoulders," says Abies. "It's impossible to say who is the better." One thing, however, is certain: you'd be hard pressed to find two better-built brothers in Britain today.

The Nosas' lean, powerful and aesthetic bodies epitomise the look most gym rats strive for today. They've always excelled physically. Growing up in France, Abies was a talented footballer. Etin, 34, who was a sub 11-second 100 m sprinter, says: "We were always in the top three at whatever we did."

"PEOPLE LOVE TO TALK ABOUT GENETICS BUT THEY DON'T SEE US SWEATING AT THE GYM"

They moved to England about 10 years ago and joined a gym in 2009 after graduating from university. "I always told myself that when I grew up I'd have muscle," says Abies. "I wanted to be like the superheroes in cartoons." Our photo of them touching fingers is a homage to one of their favourite cartoons, Dragon Ball Z, in which characters fuse their combined powers when they touch fingers. That sums up how the brothers feel towards each other.

At first they worked out for fun. "We were training just to improve our physique, get bigger and stronger and to feel good," says Abies. "It quickly became an addiction as we were making progress and we wanted to see how far we could push ourselves."

That opportunity arose when Abies read an article in FLEX about new men's physique contests. "I could see myself competing in this category as you didn't need to have the mass of a bodybuilder," he says. "It is more about having a

lean, symmetrical physique."

In May 2013 he tried his luck at the UKBFF London and South-East Championships and placed third. "I enjoyed every second and wanted to do it again," he recalls. The result qualified him for the British Championships but he didn't make the top 15.

He urged his older brother to also get on stage. Etin said he would do so when his brother did something special and he didn't have to wait long. In May last year Abies won the same London and South-East show, which prompted Etin to make good his promise a few weeks later when he entered—and won—his first men's physique contest, which meant both brothers were heading to Nottingham for the finals.

Gold and silver was a great return and both men started 2015 by winning silver medals at the UK Nationals. They're now planning to make their international debuts at this year's Arnold Classic Europe and the Amateur Olympia and further success could see them turn pro.

Their dream is to share a stage with top men's physique pros, such as Jeremy Buendia, Sadik Hadzovic and Jason Poston. It's a tall order for two men from Milton Keynes but having come so far, so fast, they have every right to dream...and if they can continue to fuse their fraternal powers who knows what might happen.







Wide prospects

Strange as it may seem today, Abies' shoulders were sorely lacking in size when he first competed. "They were virtually non-existent," he says. He knew he had to do something about it if he wanted to make his mark. "In men's physique they are not looking for too much muscle but you need to build shoulder width to create the right



Name: Etin Nosa
Age: 33
Birthplace: France
Lives: Milton Keynes
Height: 181 cm / 6 ft
Weight: 87 kg / 192 lbs
Career highlight: 2014 British Championships 2nd in over-180 cm division
Ambition: To take my physique to a level where I can compete with my idols
Training advice: Believe in yourself and be patient. Challenges only make you stronger and take you to where you have never been.
To contact: On Facebook @ Etin Nosa Neo Sculpture

"I PUT 100% INTO MY WORKOUTS BECAUSE I DON'T WANT TO HAVE ANY REGRETS WHEN I GET OLDER."

aesthetic," he says. "If you have wide shoulders and a small waist, as soon as you open your lats it gives you something to show the judges."

Both brothers now possess full, wide delts thanks to twice-weekly, high volume workouts. Their programme changes regularly but the workout described is typical of what they do to target the front, side and rear delts. They prefer moderate rep ranges and lift as heavy as possible under controlled form. "We just do the basics," says Abies. "We don't do anything too complicated."

Given the speed of their gains, it's fair to say the brothers are more genetically blessed than most but they do get a little irate when people think they don't have to try too hard. "Everything I do, I put intensity into it," says Etin. "My brother calls me The Machine because he says I never get tired. I put 100% into my workouts because I don't want to have any regrets when I get older. I give my all but people don't see what we do in the gym."

Abies agrees. "People love to talk about genetics but they don't see us sweating at the gym. I take it as a compliment but it's not just about that. You have to do the hard work." M&F

Name: Abies Nosa
Age: 26
Birthplace: Nigeria
Lives: Milton Keynes
Height: 178 cm / 5 ft 10 ins
Weight: 87kg / 192 lbs
Career highlight: 2014 British Championships Men's Physique champion in up to 180 cm division
Ambition: To bring my physique to a level where I can compete against the best in the world
Training advice: Building muscle is like building a house. It takes time and requires patience. Never rush the process.
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BLOOD BROTHERS

HERE'S A SAMPLE NOSA WORKOUT THAT WILL GET YOUR SHOULDERS PUMPING.

EXERCISE	SETS	REPS
Front raise	3	8–10
BROTHERLY ADVICE		
A good exercise focusing on the anterior deltoid muscles in the front of the shoulder. Stand up straight and lift rather than swing the dumbbell.		

EXERCISE	SETS	REPS
Dumbbell press	3	8–10
BROTHERLY ADVICE		
Set an incline bench to 90 degrees and keep your back against the pad. Arching your back places unnecessary strain on the lower back.		

EXERCISE	SETS	REPS
One-arm Cable Lateral raise	4	8–10
BROTHERLY ADVICE		
Keep your elbows slightly bent and slowly raise your arms until your elbows are shoulder height.		

EXERCISE	SETS	REPS
Rear pec deck	4	8–10
BROTHERLY ADVICE		
This is a really good exercise for the rear delts. Ensure you squeeze your shoulder blades together at the end of the lift, which will also activate the traps.		

EXERCISE	SETS	REPS
Cable shrug	4	8–10
BROTHERLY ADVICE		
This is a good alternative to dumbbell or machine shrugs. It is all about focusing on the contraction.		

EXERCISE	SETS	REPS
Face-pull	3	8–10
BROTHERLY ADVICE		
This is a great finishing move that focuses on the rear delts and traps. Avoid using too much weight, which will force you to use the lower back and defeat the purpose. Also, don't go too fast. You will feel more burn with a slower, controlled tempo.		



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CONQUERING





British sports scientist Ross Edgley explains how resistance and bodyweight training can build a physique that looks as good as it performs.

CALISTHENICS

By Ross Edgley

Photography by Christopher Bailey

BODYWEIGHT EXERCISES are as old as strength and conditioning itself. Elite fighting forces, from the Spartan army centuries ago to the SAS and US Navy SEALs today have used the humble push-up, lunge and chin-up to good effect.

In recent years calisthenics and other bodyweight-inspired training programmes have exploded in a big way, with gravity-defying street athletes such as Frank Medrano or Hannibal for King attracting huge interest. So why has this form of training survived when so many gimmicks and fads have failed, and how can you incorporate it into your schedule if you want to build muscle?

First, let's look at the benefits of calisthenics and then I've devised a workout combining bodyweight and resistance training to give you the best of both worlds.

BODYWEIGHT BENEFITS

1 BURN MORE CALORIES

There's nothing wrong with doing seated preacher curls or quad extensions, but neither require a huge amount of energy or encourage the muscle and joints to work cohesively. In contrast, a bar muscle-up, hanging leg raise or handstand shoulder press all require all the muscles in the body to work together. This isn't to say you should bid farewell to the preacher curl or quad extensions, but to quote research in the *Handbook of Sports Medicine and Science: Gymnastics*, "An increase in skill difficulty corresponds to the demand for higher mechanical energy." For this reason, it's worth including some calisthenics in your routine.

2 STRONGER CORE

A strong core is necessary to perform unstable, unilateral calisthenics exercises. Don't believe me? I bet you can do a heavy leg press with a relaxed core. Well, try a single-leg pistol squat with a relaxed stomach and you're guaranteed to end up on the floor. *The Journal of Strength and Conditioning* detailed how researchers measured the effectiveness of unstable and unilateral exercises to activate the trunk muscles.

Using electromyography technology, researchers tested the activity of the upper lumbar, lumbosacral erector spinae and lower-abdominal muscles. They found, "the most effective means for trunk strengthening should involve back or abdominal exercises with unstable bases". Unilateral resistance exercises were also found to effectively strengthen the trunk. Both findings are ringing endorsements of bodyweight training.

3 BUILD MUSCLE

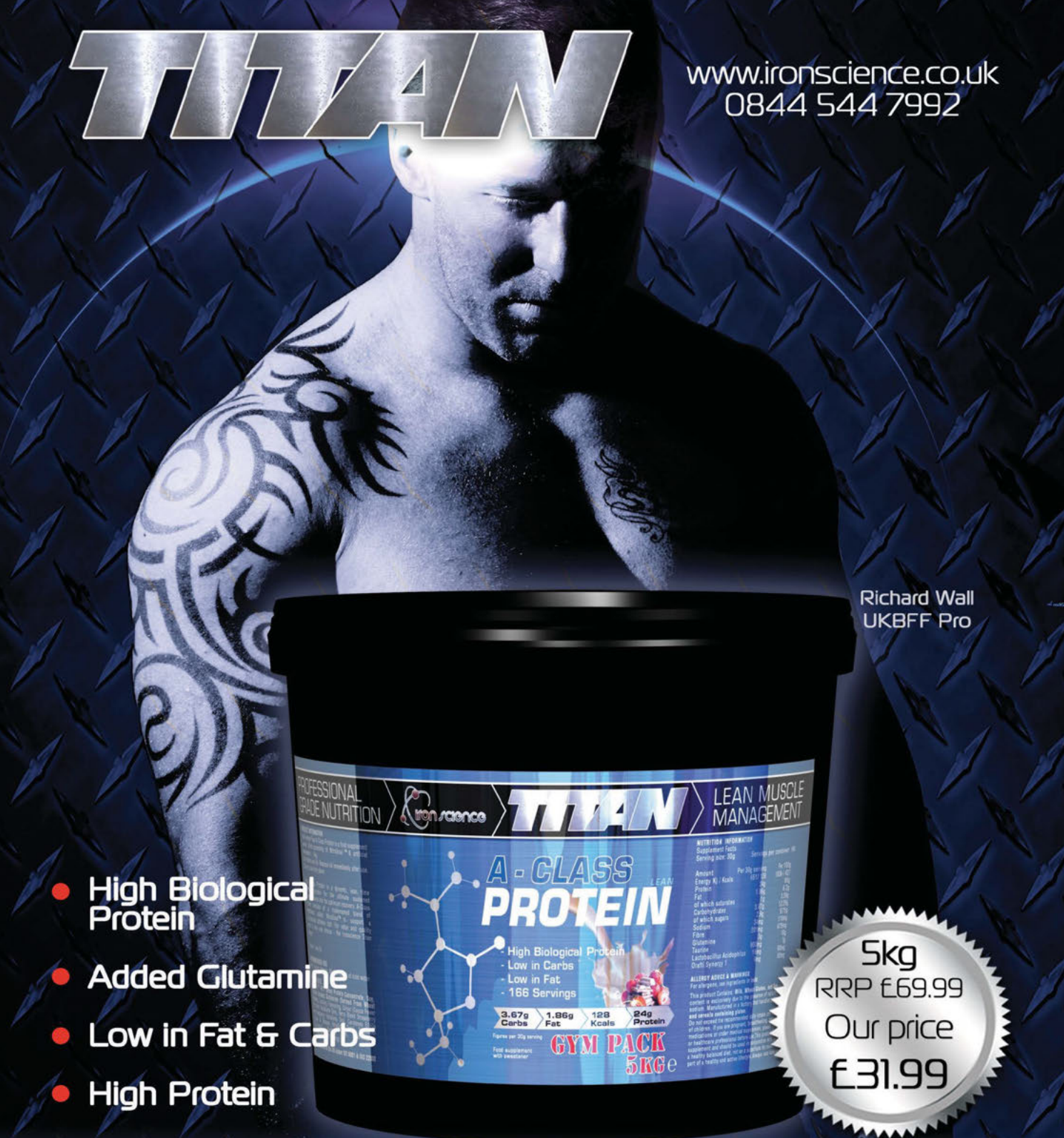
The most impressive aspect of watching a callisthenic expert is the control they have over their body. Like Olympic gymnasts, they're more interested in activating the muscles and keeping them under



Ross Edgley's physique is a product of weight training and calisthenics.

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tension for a period of time, rather than worrying about sets and reps.

Researchers at Gothenburg University discovered how effective this type of training is when they analysed what type of rep range, volume and intensity builds the most muscle. They concluded that lifting a moderately heavy weight— approximately 60-75% of your one-rep max—and working to failure produced the best results for muscle growth.

This isn't to say lifting maximal loads is without its merits but it does show the sub-maximal nature of bodyweight exercises can be highly effective. It also explains why, despite training for functionality, gymnasts boast arguably the most aesthetically pleasing physiques on the planet and why YouTube sensation Kali Muscle can perform 14 muscle-ups while weighing 255 lbs.



Handstand push-ups are a great way to build upper body without weights.

4 DIFFERENT TRAINING STIMULI

Our bodies are adaptive, which means loading our musculoskeletal system above its habitual level will bring about positive changes to the body in terms of strength, endurance, mobility and power, depending on the training methodology used.

For this reason renowned Soviet athletics coach Dr. Yuri Verkhoshansky—considered by many to be the greatest strength and conditioning coach ever—encouraged his athletes to bend the rules of the traditional "repetition/weight scheme" favoured by so many lifters. He said the table below indicated what rep ranges were most effective for strength, power, hypertrophy and endurance but if you wanted optimal results you had to expand on this and take a more varied approach.

This is where bodyweight training comes in: it is the ultimate varied workout where weight, range of movement and many other factors change constantly. It adapts automatically as you improve.

5 SEAL OF APPROVAL

The Navy SEAL Physical Fitness Guide devotes an entire chapter to calisthenics, saying it is a "traditional and integral part of the SEAL's training program."

The guide describes muscle strength as "the amount of force generated by one repetition" and muscle endurance as, "the ability to exert force repeatedly over

Training Approaches

Variable	Strength	Power	Hypertrophy	Endurance
Load (% of 1RM)	80-100	70-100	60-80	40-60
Reps	2-5	1-5	8-15	25-60

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time". It adds that the two exist on a continuum so improving one will also improve the other. Calisthenics, the guide says, develops muscular endurance, and the exercises "can be modified to overload the muscles so that they contribute to strength development" too. Wearing a weighted pack, exercising only one side of the body, elevating the legs during push-ups and doing supersets or pyramids are all training tools listed for SEALs and feature in the following hybrid workout I've devised. M&F

TRY THIS PROGRAMME

Inspired by the kind of bodyweight training used by gymnasts and Navy SEALs, I have created the following programme to improve both the functionality and appearance of your physique. It's divided into push, pull and leg sessions and alternates bodyweight calisthenics with conventional resistance training to provide varied stimuli for optimal results.

Monday: Chest / Shoulders / Triceps

EXERCISE	SETS	REPS
Clap Push-up	5	5
Wide-grip Push-up with Isometric Hold*	5	12
Single Leg Push-up	4	12
T-press-up	4	12
Handstand Push-up drop set Elevated Push-up drop set Standard Push-up	2	5

Tuesday: Legs / Abs

EXERCISE	SETS	REPS
Squat	5	10
Hamstring Curl	5	20
Dumbbell Walking Lunge	4	15*
Calf Raise	5	20
Swiss Ball Jackknife	5	12

*15 m lunges + 15 m reverse lunge

Wednesday: Back / Biceps

EXERCISE	SETS	REPS
Bar Muscle-up*	5	5
Wide-grip Pullup	3	10
Reverse Ring Flye	3	12
Close-grip Pull-up with Isometric Hold	5	8*
Ring Biceps Curl with Isometric Hold	5	12*

*Beginners should use dynamic pull-ups
**Use 3-5-1 tempo

Thursday: Rest

Friday: Chest / Shoulders / Triceps

EXERCISE	SETS	REPS
Bench press	5	5
Seated Shoulder Press	3	10
Dumbbell Flye	3	20
Triceps Extension	3	10
Lateral Raise	3	15

Saturday: Legs / Abs

EXERCISE	SETS	REPS
Jump Squat*	5	5
Squat with Isometric Hold	5	20**
Unilateral Hip Raise with Isometric Hold	5	12**
Hanging Windscreen Wipers	3	12
Plank	3	60 secs.

*Box jumps can be a substitute
**Use 3-5-1 tempo

Sunday: Back / Biceps

EXERCISE	SETS	REPS
Deadlift	5	5
Single-arm Bentover Row	5	12
Standing Preacher Curl	5	20
Concentration Curl	3	12
Dumbbell Shrug	3	10



Edgley performs wide-grip pull-ups for back.

SUPPS

THE LATEST IN SUPPLEMENT AND PRODUCT NEWS

Under the Microscope:

Taking a purely scientific look at the best products in the world of sports supplements

BY TIM N. ZIEGENFUSS, PHD, FISSN

N.O. Starter is a pre-workout powdered formula containing a variety of bioactive ingredients designed to provide the body with long-term energy, support the immune system, increase nitric oxide production (to enhance muscle volume/pump response), increase muscle strength, and improve focus and concentration during training.

CREATINE MONOHYDRATE absolutely revolutionized the sports nutrition industry in the early 1990s. And for good reason. Until that time, very few supplements delivered on their marketing promises. In stark contrast, when taken at proper doses (3-5 grams per day for at least 30 days) and when combined with intense training, creatine monohydrate supplementation will almost certainly increase your strength and muscle mass and lower fatigue during many types of exercise. In a world of dubious products and claims, this is one time when what sounds "too good to be true" actually isn't. Creatine has been the subject of hundreds of research studies in humans since 1992. In general, men and women who ingest 3-5 grams of creatine per day for 6-8 weeks gain an average of 2.8-3.2 kg of lean mass, which corresponds to a 20-40% increase in the creatine content held in muscle. Although the initial gains in body weight during the first few days of supplementation appear to be due to some water retention (note: creatine anhydrous may reduce this effect), this effect is actually an important effect that triggers long-term muscular growth by a variety of mechansms: 1) increases in muscle fibre protein content, an effect which results in a doubling of muscle fibre size compared to resistance training without creatine supplementation; 2) increases in several myogenic regulatory factors (i.e. proteins that activate gene expression in muscle); 3) increases the number of "satellite cells" (i.e. immature or baby muscle fibres that can eventually mature into muscle cells); and 4) increases in intramuscular IGF-1 content (a potent growth factor in muscle). More recent data also demonstrate that creatine supplementation can enhance glycogen storage in muscle by upregulating the production of GLUT4 (glucose transporter 4), thus providing indirect evidence that it may be of benefit to endurance athletes under certain circumstances. In terms of improving physical performance and power output, creatine supplementation has been shown to enhance the energy capacity and production from the phosphagen energy system (which includes adenosine triphosphate [ATP] and phosphocreatine [PCr]). In addition, creatine supplementation is also thought to buffer changes in intramuscular pH due to hydrogen ion accumulation (translation: less fatigue during intense muscle contractions). Both of these systems are used mainly during intense sprinting type efforts interspersed with short recovery periods. Thus, athletes who perform weight training exercise, or compete in football, hockey, rugby, basketball, etc. are likely to note benefits in their performance. As mentioned above, some endurance athletes also use creatine during glycogen loading protocols, as well as during their interval training programs.

In addition to the above benefits, scores of research studies have also dispelled many unsubstantiated myths of responsible creatine use, including: muscle cramps, muscle

strains, dehydration, liver and/or kidney stress, etc. The fact is, NO study to date using a placebo-controlled double blind design (considered to be the gold stand in clinical research) has found an increased incidence of these side effects in subjects consuming creatine monohydrate. Media reports that claim otherwise usually involve case studies from uninformed athletic trainers, coaches and physicians.

GRADE ★★★★★

REASON *Unless you're in the minority as a "creatine non-responder", I can think of no other legal supplement on the face of the planet that has more benefits to explosive performance, strength, and lean mass. In the latter case, it is also suggested to co-ingest creatine with 50-80 grams of a high glycemic index carbohydrate, or a combination of carbs and protein, since it is known that creatine uptake into muscle is greater when insulin levels are raised well above normal.*

BETA ALANINE is a widely popular amino acid in many types of athletes because it reduces muscle fatigue during intense exercise. When beta alanine is ingested, it combines with another amino acid called histidine to form a potent buffering compound called carnosine. In exercising muscle, carnosine reduces the accumulation of hydrogen ions that are generated from lactic acid (lactate) production. This is relevant to body builders during sets that last longer than about 60 seconds or when training with short rest periods where lactic acid (or more correctly, "lactate") accumulation can reduce workout intensity and/or volume. In theory, beta alanine may also be useful during very low carb diets to offset changes in pH due to ketone production. For best results, beta alanine must be consumed continuously for at least four weeks.

GRADE ★★★★★

REASON *Beta alanine helps reduce fatigue during intense body building exercise, thus allowing for a greater training stimulus. All other things being equal, a greater training stimulus = greater gains over time.*

CAFFEINE, also known as 1,3,7-trimethylxanthine, is the world's most well-studied "nutritional" performance enhancer, second only to carbohydrate. By blocking adenosine receptors in the brain, caffeine ingestion reduces the perception of effort, making tough workouts and competitions seem a little easier. The most well established effect of caffeine is as a stimulant. Physical and mental performance, including focus and concentration, are all improved with caffeine ingestion. In fact, caffeine is one of the only "supplements" that can improve both aerobic (long distance) and anaerobic (weight lifting) events.

GRADE ★★★★★

REASON *Whether sourced from coffee beans, tea, chocolate or chemically synthesized, the effects of caffeine are blatantly undeniable – better physical and mental performance. Downregulation of these effects can be problematic, but can be minimised by not using it every day and saving bigger doses for tougher workouts.*

TAURINE is a conditionally essential amino acid that is found in high concentrations in meat and fish. Even though it is the second most abundant amino acid in muscle, taurine is not used to make proteins or enzymes. Functionally, taurine is associated with the regulation of cardiovascular health, water balance, muscle function, central nervous system function, eye health, platelet activity, sperm motility and insulin action. At doses of 1000-6000 mg per day, some research has reported improvements in physical and mental performance from oral taurine supplementation.

GRADE ★★★★

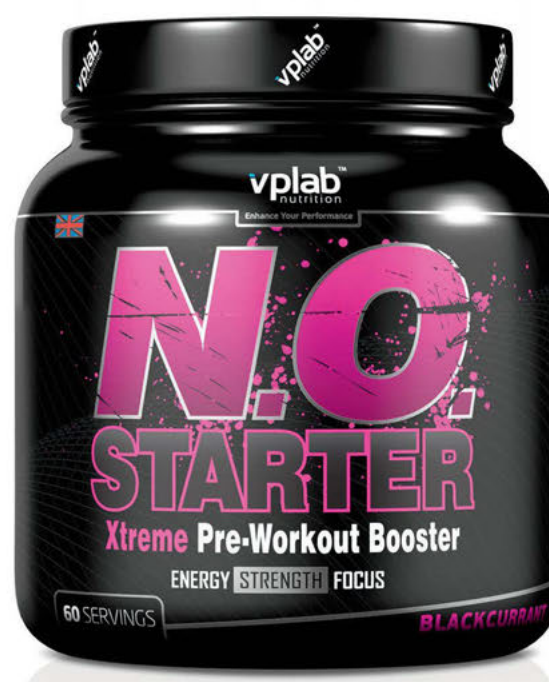
Reason *Although compelling research exists that demonstrates the clinical benefits of higher doses of taurine, more work needs to be done in healthy humans taking lower doses. That being said, I consider taurine a very promising ingredient with great potential.*

THE RATINGS

★★★★★ *Outstanding scientific research on humans available*

★★★★ *Solid research available; anecdotally effective*

★★★ *Not much human research available but premise is sound*





High-Protein, Low-Carb Pizza!

AUTHENTIC ARTISANAL TASTING PIZZA with mind blowing macros–your prayers have finally been answered by MuscleFood.com!

The gang at MuscleFood.com tell us you genuinely can't tell the difference between these and usual calorie laden pizzas!

So what IS the difference? Well the usual carb dense base has been replaced by a lighter gluten free base, cleverly made with pea protein powder instead of traditional white flour. This reduces the carb content and increases the protein content–winner!

Don't worry it doesn't taste like peas, nor does it fall to bits when you eat it.

EACH MOUTH WATERING PIZZA CONTAINS...

- As much protein as THREE chicken breasts
- FIVE TIMES less carbs than traditional pizza
- Costs under £5!

EACH SLICE CONTAINS...

- 8.5g of protein
- 3.7g of carbs
- 2.4g of fat
- 72.6 calories

And the topping? Now that's where the magic happens... serrano ham, chestnut mushrooms, mozzarella, peppery rocket and a rich Mediterranean style tomato sauce.

The second pizza was chargrilled chicken breast, roasted red peppers, spinach, mozzarella and rich tomato sauce. You have to trust us when we say they're both out of this world delicious!

73 calories and less than 2.5g of fat per slice–these macro friendly pizzas contain less than HALF the calories and 4x less fat than that of a traditional takeaway pizza, not to mention a shed load more protein.

So when serious post workout munchies strike and you are in need of that all important refuel–look no further than this awesome new High Protein Pizza!

These new High Protein Pizzas are exclusively available from online nutrition specialists MuscleFood.com for just £4.95 each. But you'll need to be quick as we can see them being extremely popular!

musclefood
www.musclefood.com



ENERGIZE YOUR DAY WITH SAN'S **RAWFUSION** PROTEIN BAR!

SAN'S RAWFUSION BAR is made with all-natural, organic ingredients with no preservatives, synthetic sweeteners or sugar alcohols. RAWFUSION is high in fiber, vegan approved, and tastes great!

SAN's RAWFUSION Bar is made from RAW and REAL foods such as pure almond butter, delicious dates and custom sourced chia seeds (highly rich in Omega-3s, antioxidants and fiber).

Each bar is fortified with our critically acclaimed RAWFUSION Vegan Protein Matrix consisting of sprouted Pea Protein Isolate and Pumpkin Seed proteins.

Inferior soy or animal derived ingredients are nonexistent!

Each bar also contains an abundance of omega-3 & omega-6 fatty acids, 15 grams of whole food protein and 8 grams of prebiotic dietary fiber.

SAN's RAWFUSION BAR is simply AWESOME and its wholesome nutrition can't be beat! Try it out today and see what you've been missing!

EACH PROTEIN BAR CONTAINS...

- 15 Grams Vegan Plant Proteins
- Soy and Dairy Free
- 8 Grams Probiotic Fiber
- Chia Seeds
- Natural Antioxidants
- Gluten and GMO Free
- Agave Sweetened (Natural Sugar)



New Brand Launching

MAY 2015 will see the official launch of Vplab nutrition to the sports nutrition market.

They only use Verifiable Premium Quality ingredients from trusted, world renowned suppliers. Vplab nutrition does not use proprietary blends, so you know EXACTLY what you are getting in every product.

Vplab have an extensive range to cover most requirements. An area of huge growth in the sports supplement market is amino acid formulas. **BCAA 8:1:1** is formulated with the latest generation of completely soluble Branch Chain Amino Acids, so the powder mixes easily, tastes great with none of the typical amino acid bitterness. It is perfect as a pre, intra or post-workout drink. **AMINOPRO 9000** is an Essential Amino Acid formula from Beef and Whey Hydrolysates which have been pre-digested and highly purified for maximum absorption and no gut discomfort. Suitable for people with lactose intolerance. **AMINOPLASMA** is their pre- and intra-workout product that contains 4g L-Glutamine and 2g Beta-Alanine per serving, along with BCAAs and specific amino acids chosen for their ability to increase blood flow to the muscle and to trigger muscle growth. The Beta-Alanine reduces lactic acid build-up which helps delay muscle fatigue.

For anyone looking for a high protein, low carbohydrate snack, look no further than vplab's **60% PROTEIN BAR**. Each great tasting bar provides 59.5g protein, 17g carbohydrates, with less than 2.5g sugars!

To find out about these and other products within the range visit ***www.vplaboratory.com.***

REFLEX NUTRITION LAUNCH NEW **PROTEIN AND FLAPJACK BARS** MADE IN THEIR OWN FACILITY IN SUSSEX

R-BAR PROTEIN is a protein bar of unrivalled quality incorporating nutritionally uncompromised ingredients which have been carefully selected providing you with the finest protein, whole nut butters, cocoa butter and carefully tailored natural flavours providing 20 g of protein, 10 g of fibre and only 1 g of sugar per 60 g bar.

R-Bar Flapjack, is a rolled oat based bar delivering 21 g of carbohydrate and 18 g of protein derived from EU grass fed milk sources and only 2g of sugar per 70 g bar. Made to the highest standards with rapeseed oil, glycerine and glucose fibre, this bar uses totally natural flavours and colours and is sweetened with stevia.

Crucially, they contain NO palm oil, soy protein, glucose syrup, gluten or GMO ingredients, artificial colours, flavourings or sweeteners.

For further information please visit ***www.r-bar.com****, Protein bars RRP £34.99 for 12 bars, Flapjack bars RRP £19.99 for 12 bars. Available in GNC and other good retailers.*



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ARTIGA PHOTO/CORBIS



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MY FAVE WAY TO...

Build a Sexy Back

Target your back with powerful moves and training tips to help create a strong, sculpted rear view

BY **SOMMER ROBERTSON-ABIAD**



IFBB BIKINI PRO

Angeles Burke

Sexy-back secret: One-arm kneeling dumbbell row.

Why it's her fave: "Training unilaterally allows me to work each side of my back independently, helping prevent muscle imbalances."

How to do it: Holding a dumbbell in one hand with arm fully extended, kneel over side of bench, placing knee and hand of supporting arm on bench. Squeeze your shoulder blades as you pull the weight up to the side of your chest, bending your elbow behind you. Repeat for reps, then switch sides and repeat.

Angeles' Back Workout

EXERCISE	SETS	REPS
Wide-grip Lat Pulldown	5	25, 20, 12, 10, 10*
Seated Cable Row	5	25, 20, 15, 12, 10
Wide-grip Assisted Pullup	4	15, 10, 8, to failure
One-arm Kneeling Dumbbell Row	4	20, 15, 12, 12 (each side)
Smith Machine Inverted Row	3	Body-weight burnouts to failure

**Use moderate weight each set.*



IFBB WOMEN'S PHYSIQUE PRO

Mindi O'Brien

Sexy-back secret: Wide-grip pullup.

Why it's her fave: "This compound exercise helps to both build width and create a nice V-taper."

How to do it: Grab the pullup bar with an overhand grip, spacing your hands about shoulder-width apart. Hang from the bar with arms fully extended, shoulders relaxed to stretch your lats.

Squeeze your shoulder blades together, arch your back, and pull yourself up, aiming to touch your chest to the bar. Hold the contraction at the top of the movement, then slowly lower back down and repeat.

Mindi's Back Workout

EXERCISE	SETS	REPS
Straight-arm Pulldown	2	15–20
Wide-grip Pullup	5	8–10
Reverse-grip Bentover Barbell Row	4	8–10
Single-arm Dumbbell Row	4	8*
Close-grip Lat Pulldown	4	12–15**
Straight-arm Cable Pushdown *Superset with back extension*	4 4	12–15 10-15

**No rest between sets.*
***Hold the contraction for two seconds.*



OLYMPIC SWIMMER

Amanda Beard

Sexy-back secret: Swimming drills.

Why they're her fave: "The sweeping motion as you pull through the water gives your back muscles a challenging workout without weights."

Amanda's Back Workout

- Start by pushing off the wall with your feet and performing two butterfly strokes.
- Flip over to your back and do six backstrokes at a fast pace.
- Flip back over to your stomach and do two breaststrokes.
- Finish by sprinting to the wall using a freestyle stroke. That's one full lap. Repeat for laps.

Start by performing six to eight laps, then aim to increase your laps by one additional lap each workout. The goal is to be able to complete 20 or more laps with short rest periods.

Tip: Perform each lap as fast as possible, being careful to maintain good form throughout. Don't let your hips sink downward while performing each of the strokes.

To boost intensity, use hand paddles such as Aqua Sphere's Aqua-X Training Power Gloves ($35).

For advice on how to swim like an Olympian, check out Amanda's tips at **muscleandfitnesshers.com/training/swim-your-way-better-body.**

LEIGH HAGEN; DAVID LAUS; TIM MANTOANI



The Hardest Move You've Never Tried

Tornado Jump Lunge

This twist on a classic lunge helps reshape your lower body while boosting your fat burn

BY **SOMMER ROBERTSON-ABIAD** // PHOTOGRAPHS BY **EDGAR ARTIGA**

• **LUNGES, AS YOU LIKELY KNOW,** are one of the best compound movements for your lower body. But let's face it: They can get a little boring.

That's where the tornado jump lunge comes in: This challenging variation on the traditional stationary or walking lunge adds shape to your legs and glutes while boosting your heart rate and blasting added calories. It's a complex exercise, designed to be done in a rapid sequence. Do it continuously at a fast pace and you'll work your butt and thighs while also forcing your adductors and abductors into the equation and even tackling your core. "Because this exercise is explosive and quick, it maximizes fast-twitch fiber recruitment," explains Michael Coyle, certified personal trainer and owner of The Jungle Gym in Windsor, Ontario. "These fibers have the most potential for strength development and growth—and fast-twitch fibers burn more calories than their slow-twitch counterparts."

But before you go and start crushing this move, Coyle cautions that this variation of the lunge is a bit advanced. Knee issues can result from sudden or unfamiliar movements, so it's important that your knee and surrounding muscles are strong and primed for the challenge.

Begin by incorporating a few sets of the jumping lunge as part of a dynamic warmup. Then, add in a few reps of the tornado jump at a slower, controlled pace, and limit the depth of each lunge to midrange. You can add more reps each week, increasing the depth and pace of the lunges as you become more accustomed to the movement. Once you've mastered it, use it as an intensity booster between sets or tack it to the end of your workout as a burnout exercise. Aim for 15 to 30 seconds of continuous jumps each set, working up to three to four sets per workout.

HAIR & MAKEUP BY VALISSA YOE

↑

TORNADO JUMP LUNGE

A Stand tall with feet hip-distance apart. Step your right foot back and behind you and lower into a curtsy lunge, bending both knees about 90 degrees, hands at sides or in front of body.

B Pushing off the floor, jump up and swing your right leg out from behind your left leg, keeping hands at center.

C Land with right foot forward and left foot back, knees bent. Immediately lower back into a lunge position and push explosively off the balls of feet to switch sides again. Continue, switching legs as quickly as you can for 30 seconds.



Ali Krieger wants to inspire young girls to dream big.

Top Spot Hot Shot

Pro soccer star Alexandra (Ali) Krieger loves plyo and rope drills to get her primed for the big leagues. Here's how she takes her work and play to the next level.

BY **CAT PERRY**

The Dream Team

Ever since she was a young girl, Ali Krieger dreamed of becoming a professional soccer player. Now a defender for the Washington Spirit and a member of the U.S. Women's National Team, she doesn't take her position for granted. "I'm constantly inspired by my teammates to always want to get better and be successful," Krieger says. "I want to win a World Cup!"

No Train, No Gain

To get that prize, Krieger puts in serious work. Though her training relates directly to her position on the field, she focuses on specific conditioning off-field. "Being explosive and powerful, having good footwork and quality speed are essential for me," Krieger says. Her top workouts include plyometrics and sprints, and she also loves speed and agility work. To step things up a notch, she incorporates battle ropes and TRX into her routine. "Battle rope drills are one of the toughest yet most rewarding exercises I do at the gym. They are a full-body workout, making me feel every muscle!"

Food for Thought

"I do feel more disciplined with my nutrition in-season, but I live a rather healthy lifestyle year-round," Krieger says. "It's important that I stay fit in order to play at the high level that we do." When she does indulge, it's typically with chocolate, cookies, or peanut butter–filled pretzels.

Working Woman

Krieger wants *you* to get and stay functionally fit, too, which is why she's partnered with her trainer on the new eBook *Train Like a Pro: Plyometrics featuring Ali Krieger* (designed by elite athlete performance coach Chris Gorres) that's packed with plyometric workouts. "It's designed for the athlete looking to build speed and become more explosive," she says. "It also simply helps get your body moving better. I can definitely feel a difference in my mobility, stability, strength, and power." Her favorite: drills that develop acceleration from a standstill.

Play Hard

All this training needs to be balanced with some serious downtime. Krieger loves to be outdoors while not on the clock. In addition to cruiser biking along the beach in SoCal, Krieger can be found hiking—or taking any other opportunity to be outside and be active. "I love going to the beach and paddleboarding—or at least trying to," she says. Spa days are also key, as is traveling. "It's very refreshing when I can get away and do 'normal' day-to-day things with my closest friends and loved ones."

World Cup Buff

"My hope is that the WC will continue to help grow the 'Beautiful Game' around the world," Krieger says. "I also hope it sparks support for women's football so that younger athletes will be able to have dreams of one day playing professionally."

FOLLOW HER ON TWITTER @ ALEXBKRIEGER.

TONY QUINN/ICON SPORTSWIRE/CORBIS; BRAD SMITH/ISI/CORBIS



"My character Billy Bones and I are both team players—but I'm way more laid back."

GARRETH BARCLAY

Tom Hopper

How the British-born star of the Starz pirate adventure series *Black Sails* conquers both land and sea

BY **KRISTIN MAHONEY**

All-Star Athlete

I grew up playing a lot of sports—rugby, soccer, roller hockey, and swimming. But rugby was, and still is, my favorite. Recently, I've taken up golf because I can spend more time with friends.

Star Player

At age 17 I realized I wasn't going to become a pro athlete, but then discovered I felt the same excitement about performing as I did about playing sports. I went to drama school, and from there I got into acting.

The Hero Inside

I love that certain superhero movies explore the character within. I'd love to get in the head of a hero who has been known to be a bit weak in the past. Being 6'5" and being able to use my stature plus my skill to make it something deeper is quite a big pull.

Perfect Pairing

My favorite aspect of marriage is teamwork. Laura and I are expecting our first baby in June, and I think having a child is the biggest thing you can do as a team.

Bird Man

To stay lean, I eat a lot of ostrich meat: It tastes great and is high in protein and low in fat. But I also enjoy fish and chips, being from the U.K., and love sweet potato fries—I could eat them all day long if no one stopped me.

Staying in Shape

The intensity of my workouts for *Black Sails* goes up about tenfold compared with the off-season. But I try to keep my physique in check at all times so I don't slip out of shape between seasons or jobs. I really enjoy the 15- to 20-minute workouts to work my entire body at a high intensity and get a huge metabolic boost. In one routine, I hold a barbell the whole time and do 10 reps each of a deadlift, bentover row, front squat, push press, and back squat while rowing or sprinting between each set.



Brie is known as the quieter twin but is no less fierce in the ring.

Nikki, a self-proclaimed gym rat, likes to show off her mental toughness.

STRENGTH in NUMBERS

The Bella Twins, Brie and Nikki, are two of the top Divas in WWE, and they're proving that sports entertainment isn't just for the boys

BY **SEAN HYSON** // PHOTOGRAPHS BY **PER BERNAL**

SPORTS ENTERTAINMENT isn't quite the boys' club it used to be. A new generation of Divas—a group of female performers who are fast becoming as big a part of WWE's programming as household names like The Rock and John Cena—has stormed into the ring, gaining as much attention for their athletic abilities as their take-charge attitudes. Among those leading the way are two-time Divas Champion Nikki Bella and former champ Brie Bella, otherwise known as the Bella Twins.

The Bellas—born Stephanie Nicole and Brianna Garcia-Colace—hail from a farm in Scottsdale, AZ, where sports entertainment wasn't something they encountered very often. "We were raised with horses, cows, and chickens," Brie says. "We'd have to wake up before school and feed the animals, come home and feed the animals, and then go straight to soccer practice. My mother was very strict about what we watched. We were lucky if we could watch *90210* or *Saved by the Bell*."

Nevertheless, both felt they were natural-born entertainers, putting on lip-sync shows for their family as young girls. The two, age 31, were also talented soccer players—Nikki walked on to the team at Grossmont College in San Diego and ultimately helped lead it to a Pacific Coast Conference championship. "I was being recruited by a professional league in Italy," she says, when Brie intervened, convincing her they should audition to be WWE Divas instead.

"It's entertainment mixed with athletics," Brie says. "Nicole and I felt that was our calling."

But WWE wasn't looking for a twin act at the time and initially passed on the Bellas. Hoping they could change the company's mind, the pair begged talent scouts to let them wrestle. "They flew us [to the developmental center] to see what we were like," Brie says. "Sure enough, we got into the ring and fell in love with it."

Shot on location at WWE Performance Center, Orlando, FL

IN 2007, the Bellas moved to Tampa, FL, to join WWE's developmental system and have since become Superstars on the top-rated *Raw* and *SmackDown* broadcasts. The sisters have performed as a tag team but have really excelled individually, and a WWE story line this past fall found them facing off against each other. (Nikki won!) "It was a little hard [playing enemies]," Nikki says, "because Brie is so good at giving that sad face. When I was in the middle of the ring saying the most hurtful things, she was making me feel bad. I guess she was doing her job right!"

"It's easy for Nikki to be evil and mean," adds Brie, jokingly.

Off camera, both agree Nikki is the more aggressive of the two. "I win pretty much any competition," Nikki says. "I'm stronger. I'm more athletic." Brie, on the other hand, is more quiet and laid-back. "Nikki likes to be the life of the party, and I stay in my own corner. I'm your total granola hippie. I love nature, the outdoors, and simple things. I get excited over making jam!"

The difference in the twins' personalities has been showcased on their hit E! television reality series, *Total Divas*. The show also provides insight into their personal relationships with other WWE royalty—Brie married Superstar Daniel Bryan in 2014, while Nikki lives with WWE's John Cena.

Traveling some 300 days a year can be rough on any relationship, but it helps that the twins travel with their partners. "Wrestlers are similar people," Nikki says. "John, he's my soul mate. If we can't see each other for 14 days, we understand and support each other. He's helped me become a better character. He's helped my in-ring work."

Cena has also helped Nikki, a self-proclaimed gym rat, in her workouts. Thanks to some guidance from the chiseled Cena, she can now squat 165 pounds for reps. "I have thunder thighs for days!" she jokes. In contrast, Brie loves Barre and hot yoga classes to stay in shape, looking up the nearest ones as soon as she gets to a new town.

The two also have a strategy for eating on the road. "I'm into eating healthy," Brie says. "So if I can find a farm-to-table spot—score! Not only are you supporting local farmers, but you're eating grass-fed meats and everything is organic. It's a win-win. I'll get two meals—one to eat there and one to go."

The twins say that living such clean and regimented lives makes them good role models for their young fans, and they hope their name becomes synonymous with strong, athletic women. "We're about living a healthy lifestyle, standing up for yourself, being strong, and doing something you love," says Brie. Unlike some fashion models and movie stars, the two point out that their body types are more curvy, athletic, and attainable. Nikki plans to help combat childhood obesity. "I want to get kids in shape and educate their parents," she says.

In the meantime, their rise to the top shows no signs of slowing down. "We've always wanted to create a Bella empire," Nikki says. "We owe a lot to *Total Divas* that we've been able to bring a lot more girls and women to WWE."

The two appeared in a music video for the Trey Songz hit "Na Na" and the long-running USA Network show *Psych* in 2014. But money and fame aside, when it's all said and done, the Bellas want to further the business that's brought so much to them. "Our goal is to one day see that women have as much time on TV as our guys," Brie says. "We've broken a lot of barriers and want to keep proving that we will only get better."

"We've always wanted to create a Bella empire," Nikki says. "We've brought a lot more girls and women to WWE."



HAIR BY JENNIFER BEVERLY; MAKEUP BY FAWN THOI. COURTESY OF WWE


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partner up!

Grab your BFF or gym buddy and get set for a workout that inspires you both! This fun, creative routine featuring the WWE's Bella Twins, Nikki and Brie, will challenge every major muscle group while enhancing balance and flexibility to bring out the best in both of you!

WORKOUT BY **GINO CACCAVALE**

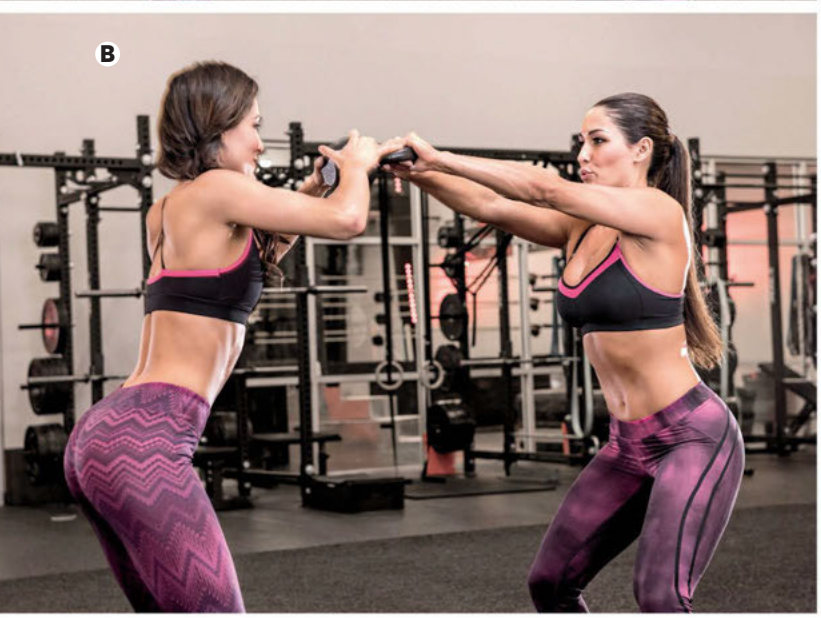


PARTNER PLYO LEG SWITCH

WORKS: CORE, LEGS; WARMUP MOVE

- Stand with partners facing each other, grasping each other's forearms.
- Both partners lunge right leg back, bending knees 90 degrees.
- Jump up, switching legs midair, landing with right leg forward and left leg back. Keep holding on to arms as you jump. Do 50 jumps total (25 each leg).





KETTLEBELL THROWDOWN

WORKS: CORE, HIPS

- Stand a few feet apart, facing each other, with Partner B (right) holding a kettlebell in front of legs, arms extended and knees slightly bent, feet hip-distance apart. Partner A (left) keeps hands in front of chest, elbows bent, palms down (**A**).
- Partner B performs a kettlebell swing as Partner A intercepts the weight at about sternum height (**B**). Partner A then pushes back on the kettlebell, pushing it toward the floor to add resistance. Do two sets of 20 swings per partner.

TIP

HOIST THE KETTLEBELL UPWARD USING HIPS AND CORE, NOT LEGS AND SHOULDERS.





ROUNDHOUSE CURL AND RAISE

WORKS: SHOULDERS, ARMS, LEGS

- Start with partners facing each other, feet slightly wider than hip width, and both partners holding dumbbells. (Partner A, left, holds heavier weights than Partner B, right.)
- Partner A squats down, lowering weights toward the floor as Partner B performs a roundhouse kick with right leg over Partner A's head, keeping arms extended toward floor (**A**).
- As Partner A stands up, she performs a biceps curl. When Partner B finishes kick, she immediately moves into a squat while raising both weights forward to shoulder height (**B**). Do two rounds of each movement with Partner B alternating legs for 20 reps.

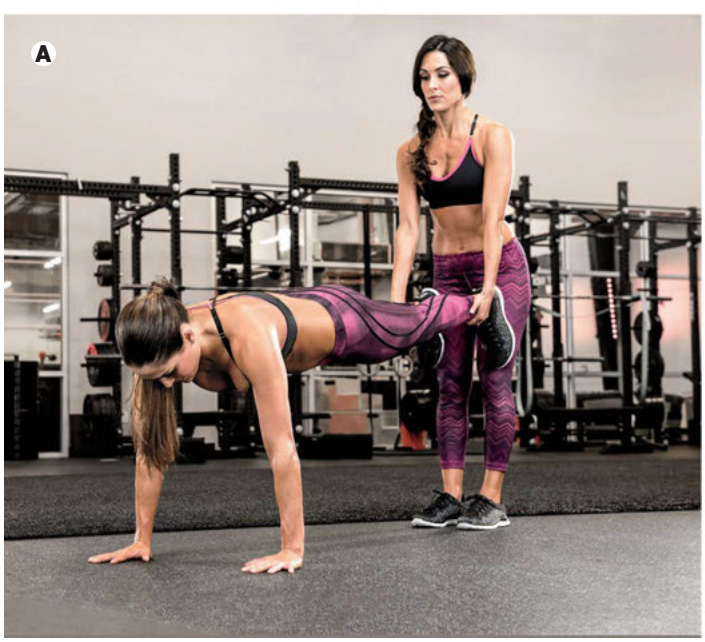
NIKKI: TOP BY ASICS; LEGGINGS BY BETTER BODIES; SHOES BY SKECHERS
BRIE: TOP BY BETTER BODIES; LEGGINGS BY PRANA; SHOES BY SKECHERS

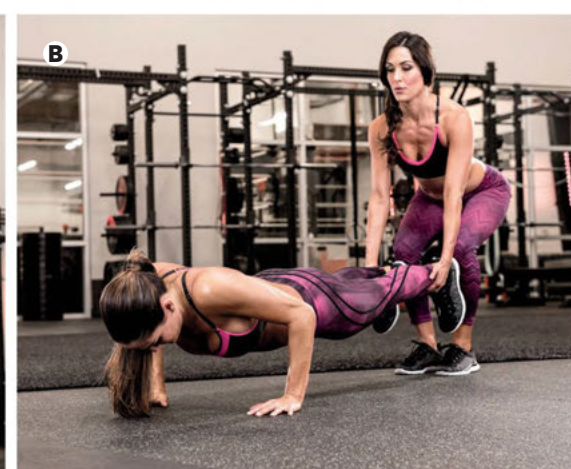
BAR FIGHT

WORKS: ENTIRE BODY ISOMETRICALLY

- Stand facing each other, holding a body bar together at chest height.
- Both partners step right foot back, keeping feet staggered.
- Pressing into the bar, try to force your partner to step back. Hold for one minute; repeat for a total of two sets.







DEADLIFT WITH PUSHUP

WORKS: SHOULDERS, CHEST, CORE, HAMSTRINGS

- Start with Partner B (right) standing and Partner A (left) on the floor in a full plank position, with Partner B holding her ankles (**A**).
- Partner B performs a deadlift while Partner A simultaneously does a pushup (**B**). Perform two sets of 20 reps, switching positions with each set.

TIP

KEEPING YOUR ENTIRE ABDOMINAL AREA ENGAGED WILL HELP YOU MAINTAIN FORM DURING THE PUSHUP PHASE OF THIS MOVE.

RISE AND PIKE

WORKS: SHOULDERS, CHEST, ABDOMINALS

- Partner B (bottom) starts by lying faceup on the floor, arms extended above shoulders. Partner A (top) gets into position by grasping Partner B's ankles, arms extended as Partner B grasps A's ankles (**A**).
- Partner B sits up as Partner A performs a pike, bending at hips to form an upside-down L while keeping abs fully engaged (**B**).
- Partner B lies back down on the floor, with both partners coming back to start position. Do two sets of 10 slow movements for each partner.







BRIDGE DIP

WORKS: ARMS, CORE, GLUTES

- Partner B (bottom) starts on floor, knees bent and feet shoulder-width apart. Lift hips off floor into a bridge position, forming a straight line from knees to shoulders. Partner A (top) places hands on Partner B's legs, with knees bent 90 degrees and heels under knees.
- Partner B lowers hips without touching floor as Partner A bends elbows 90 degrees (shown).
- As Partner B pulses up, Partner A straightens arms. Do two sets of 20 reps, switching positions with each set.

PARTNER TREE

WORKS: BALANCE AND STABILITY

- Stand side by side, balancing on inside legs. Lift inside arms so that palms are touching over shoulders.
- Both partners bend outside knees, placing foot on inner thigh above the knee. Bring palms of outside hands together. Hold here for up to one minute, breathing evenly and pushing lightly against each other for support.





Fit to Be Tried

These four food trends have enough nutrition benefits behind them to give them some staying power

BY **ZACK ZEIGLER**

• **WE LOVE THE NEXT** great healthy food as much as anyone, but when it comes to making smart choices for your diet and performance, it can be tough to separate pure hype from proven benefits. These four trending nutrition stars, though, might just be worth the attention they've been getting.

Green Drinks

To juice or to smoothie? That is the question. Blending leafy greens into a creamy smoothie is an easy way to ingest a concentrated dose of vitamins and minerals, plus fiber, too. But how and when the smoothie was made determine its benefits. "With premade smoothies, you have no idea whether it's truly organic or how long the juice sat there," says Dara Godfrey, R.D., a New York–based nutritionist. To be sure it's fresh and that you know every ingredient, make it yourself. If you choose to DIY, make sure to get fiber elsewhere, since most of it gets lost during juicing.



Bone Broth

Boiling animal bones, cartilage, and ligaments to create a rich broth is a cooking technique chefs have been using for centuries. But lately bone broth has come into its own, largely because of Paleo enthusiasts who credit the supersoup for everything from healing injuries to improving sleep quality.

"Bone broth is very high in calcium and collagen, which can help support healthy skin, hair, and nails," says Linda Stephens, a clinical nutritionist based in Darien, CT, and an IFBB figure pro.

The broth is also high in protein (about nine grams per cup) and low in calories (less than 40 per one-cup serving). "There's no proof bone broth can cure ailments, but it does contain glucosamine and chondroitin, which work to counteract inflammation," Godfrey says.



Coconut Oil

As a saturated fat, coconut oil was long shunned by nutritionists as yet another artery-clogging food. But lately its versatility has come back into favor, and the oil is even being considered a heart helper.

"Virgin, organic, and unprocessed coconut oil is a medium-chain fatty acid that's easily absorbed and raises HDL—the good cholesterol," Godfrey says. One recent Brazilian study found that coconut oil helped ease symptoms of hypertension in mice.

And if you're trying to lose weight, replacing ordinary fats with coconut oil may even help speed metabolism because the fats are routed directly to the liver, where they are readily burned for fuel, explains Stephens. Take note, however, that as a fat, coconut oil is still relatively high in calories (more than 115 in one tablespoon), so use it in moderation.



Cauliflower

Move over, kale. While hardly a kitchen newcomer, cauliflower is rapidly becoming the veggie du jour in healthy culinary circles, gaining favor as a baked, mashed, or roasted replacement for starchy carbs such as potatoes. The cruciferous creation is also being used in pizza crust and even in paella.

"Cauliflower is fairly bland but can take on almost any flavor," Godfrey says. "Once you mash it up, it's similar in taste and color to potatoes." One cup of cauliflower can supply up to 80% of your daily recommended vitamin C intake and is also high in antioxidants but low in calories (30 per cup). Plus, with three grams of fiber per cup, it can help you feel fuller longer. Try it with some coconut oil, grated cheese, and sea salt for a delicious dish that's sure to please, suggests Stephens.

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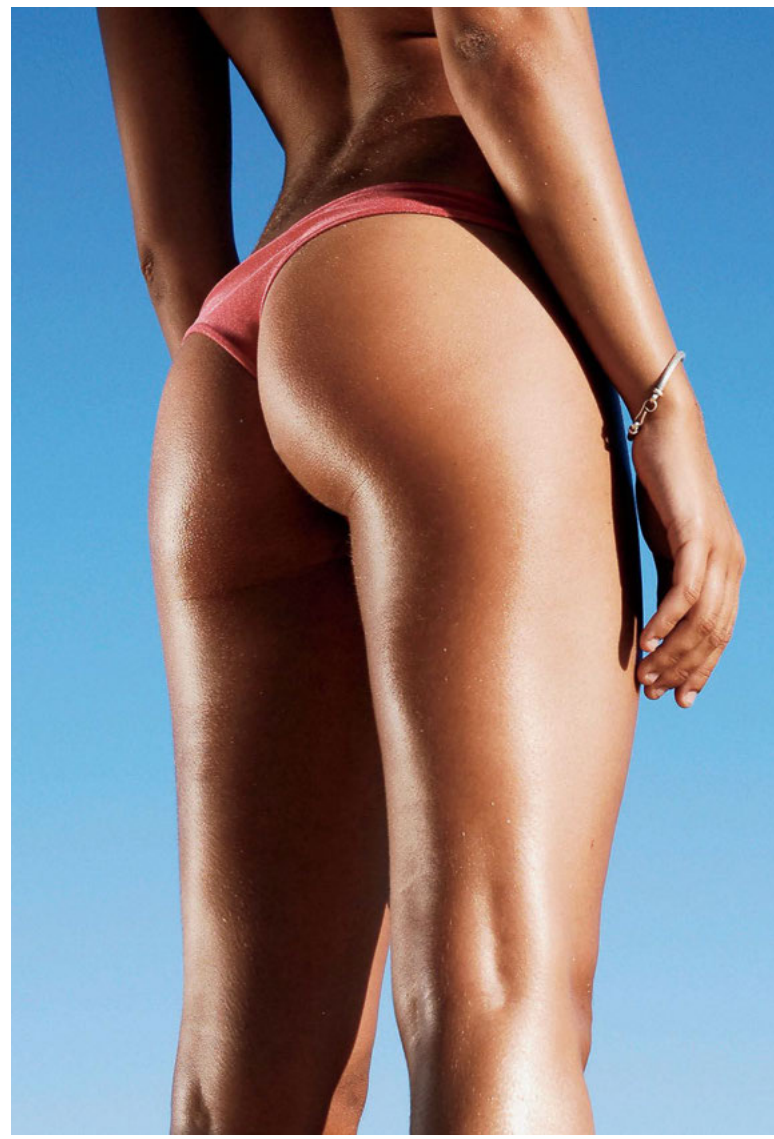
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Get an Instant Butt Lift!

Don't just lie out on the beach—turn it into your own gym with this fun, fresh body-weight circuit

BY **ALYSSA SHAFFER**



• **WARMER TEMPERATURES TEMPTING** you to bare a bit more of your bottom? Hit the beach and get a workout for both body and mind. "Exercising outside provides an almost instant psychological and physiological boost that can't be simulated anywhere else," says Jimmy Minardi, a personal trainer and founder of Minardi Training in East Hampton, NY. Minardi, who often brings his clients to work out on the white sandy beaches near his home, especially enjoys training seaside. "You'll burn more calories when you exercise on the beach since your body has to fight to stay stable on the uneven ground. Plus, you're coping with elements like wind resistance and shifting terrain."

But even if you can't get beachside, you can still benefit from taking your routine outdoors. "You can do these moves in your backyard or a neighborhood park—anyplace where there is fresh air and open space," says Minardi, a former professional cyclist and lifelong proponent of outdoor fitness.

Try this high-intensity circuit, part of the Minardi Beach Workout taught year-round, to help strengthen all your major muscles while also burning calories and fat.

MOUNTAIN CLIMBERS

Do these on an incline, alternating legs as quickly as possible. Do two sets of 30 reps per side; increase leg speed by about 20% after every 10 reps.

JUMPING JACKS

Do 30 regular jumping jacks followed by 30 deep squat jacks. (After jumping with feet wide, do a deep squat, then jump back to center.) **Option:** If you're on a beach, do these in ankle-deep water for increased resistance.

INCLINE PUSHUP SERIES

Do these moves on a large rock, log, bench, or other raised surface.

• **10 Incline Pushups:** Wrists should be directly under shoulders, with back flat; one set.

• **10 Triangle Pushups:** Move hands together so your thumb and index fingers touch, forming a triangle shape; one set.

• **5 Alternating One-arm, One-leg Pushups:** Raise one arm and opposite leg; switch; two sets total.

LUNGE SPLIT JACKS

Stand with feet staggered and lower into a split squat, then jump up and scissor-kick your legs, landing with your opposite foot forward for a total of 30 reps.

PLYOMETRICS

Find a log, stick, rocks, or shells to use as a marker.

• **10 Tuck Jumps:** Bringing your knees toward your chest as you jump up, land just over your marker and explode into the next rep as soon as your feet hit the ground.

• **10 Rotating Jumps:** As you jump in the air, rotate your body 180 degrees to engage your core and land softly in the reverse position.

AGILITY DRILLS

Find 10 sticks or rocks and an incline. Space the markers about three feet apart in a vertical line. Weave in and out of the markers, slalom-style, staying as fluid as possible. Do 10 intervals, going through all the markers.

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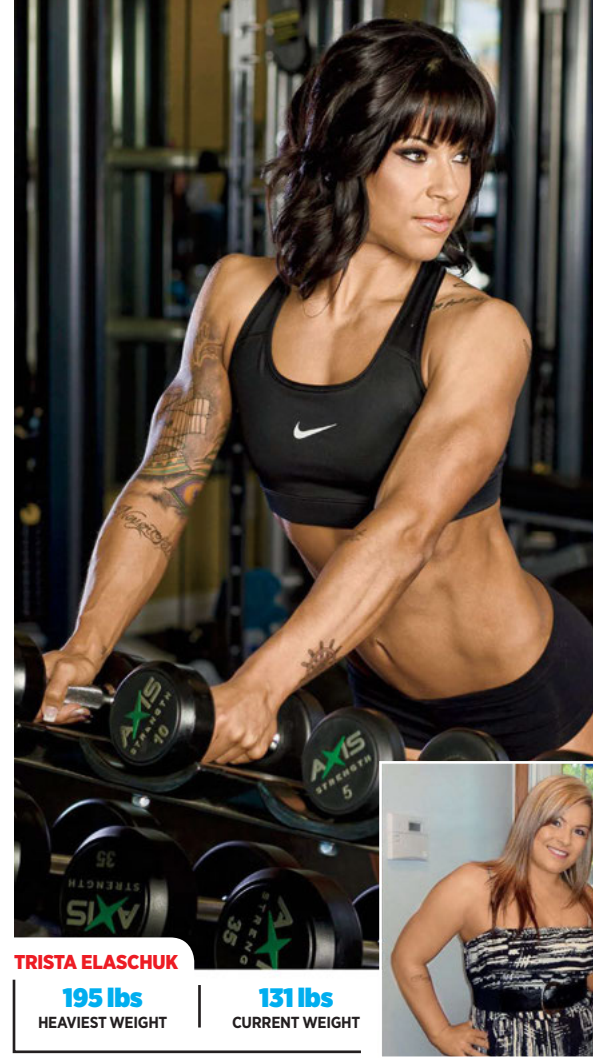
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"I Found Confidence in the Gym"

Trista Elaschuk hated working out—but she hated the way she felt even more. It took only a few months for her to discover the power of fitness in transforming her body and mind.

BY **KRISTIN MAHONEY**



TRISTA ELASCHUK

195 lbs	131 lbs
HEAVIEST WEIGHT	CURRENT WEIGHT

WITH BOTH OF HER parents working full time when she was young, Trista Elaschuk was often left to prepare her own breakfast and lunch. Many times she didn't bother to eat, which meant she would binge on whatever was around when she finally got home. Her father was obese, and Elaschuk herself struggled with her weight through childhood. Though she was active, playing competitive soccer into her high school years, her weight held her back. "I simply couldn't keep up with the other girls," she says.

Elaschuk went on her first diet at age 16, and quickly lost about 40 pounds. But by high school graduation, she'd ballooned to 195 pounds. "I was embarrassed of how I looked. I didn't even want to leave the house," she recalls.

That year, her father encouraged her to join Weight Watchers with him. She dropped 50 pounds on the diet, but when she stopped attending meetings, the weight crept back. By 2012, she was up to 185 pounds. She decided to try again, this time adding exercise to her routine.

"I was intimidated by the weight room, so I decided to hit the treadmill, and soon I was running almost every day." After a while, though, she needed a new challenge. A friend suggested they lift weights together, and Elaschuk became more confident. After a few months she was training five days a week in the gym.

In November 2013, she went on a double date to a bodybuilding competition. "The hard work and dedication there amazed me. I kept thinking, 'I could do that! That could be me,'" she says.

About a month later, she hired a coach to get her into competitive shape. "I told everyone I knew I was doing it so I'd be less likely to back out," Elaschuk says. When she started her prep, she was 162 pounds and had 24% body fat. "I had 23 weeks to transform my body and was 100% committed!"

Elaschuk began spending six days a week at the gym, and last June, she placed third in the figure category in her first competition. "It was the most exhilarating, rewarding, and humbling day of my life!"

Now 27, she plans to keep competing and pushing herself to reach new goals. She's even inspired her family to get more into fitness; her father has started working with her coach to improve his conditioning.

"I spent most of my life being overweight, and I hated myself. But I've found a true passion in bodybuilding, and I don't ever want to go back to the way I was before."

How She Does It

TRISTA'S WORKOUT

CARDIO: Stairclimber, 30 minutes, 6 days a week
STRENGTH: 5 days a week, plus 1 circuit day

SAMPLE DAILY MENU

MEAL 1: Egg white, blueberry, and oatmeal scramble
MEAL 2: Greek yogurt with banana and All-Bran
MEAL 3: Sweet potato, chicken, green beans
MEAL 4: Sweet potato, chicken
MEAL 5: Sweet potato, chicken, zucchini
MEAL 6: Greek yogurt with protein powder

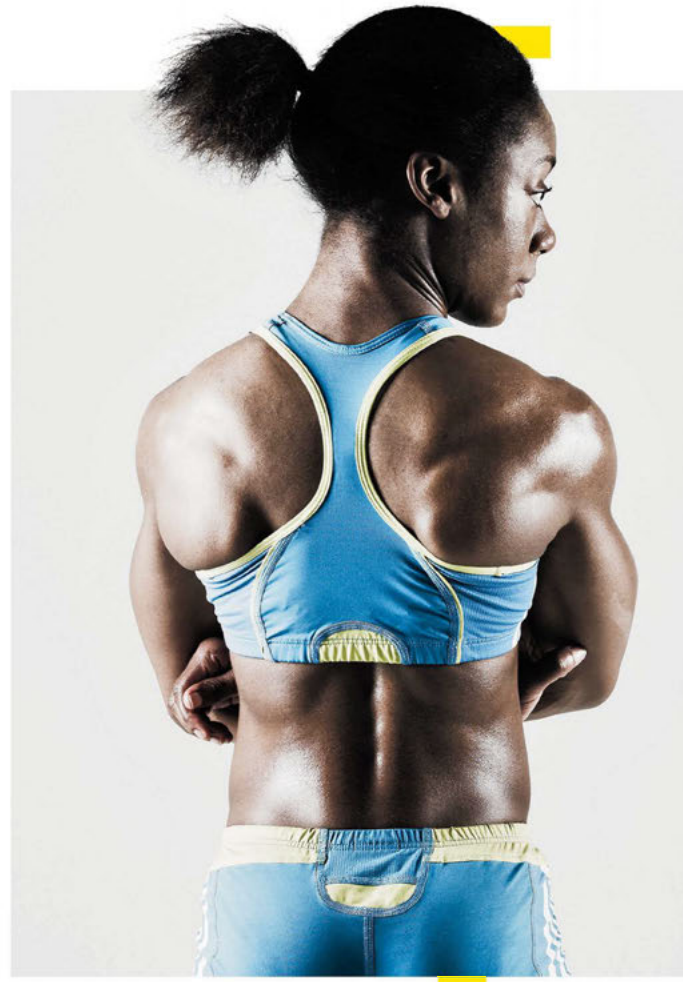
FAVORITE SUPPLEMENTS

MORNINGS: Fish oil, multivitamin, potassium, vitamin E, vitamin D, vitamin C
POST-WORKOUT: Cellucor Mint Chocolate Chip protein powder mixed with flavorless BCAA and glutamine
EVENINGS: Probiotic, fish oil

Never Back Down

Relieve back pain and feel better faster with these training and rehabilitation tips

BY **CAT PERRY**



"THE BIGGEST CHALLENGE for most weightlifters with a back injury is having enough patience to fully recover before resuming their intense workouts," says Daniel Lucas, co-founder of Nimble Fitness, a boutique strength-and-conditioning facility in New York City. If deeper stabilizing muscles are not working right, exercise stress makes its way to your hamstrings and lower back. "Stabilizers respond to time under tension, so low-intensity loads with longer holds are much better for rebuilding back strength," Lucas explains.

According to Rachel Parrotta, D.P.T., A.T.C., a physical therapist at Shift Integrative Medicine in NYC, muscles turn themselves off because they're in positions that are too short or too long to work effectively. "This often occurs after sitting for too long or because of training errors, and muscles can then develop trigger points and spasms."

Lucas' advice: Pay attention to form. If your core isn't strong enough or your hip/leg muscle flexibility isn't sufficient, you're not ready to add a heavy load. Do activation sets before exercising, including multiplanar movements, and active stretches that warm up your core and stabilizers. But until you seek medical advice, warns Parrotta, avoid aggressively stretching hamstrings, as this may aggravate certain conditions. Also make sure to work up to the heavy weight over a specific period.

To train without strain on big moves, hold a strong, neutral pelvic position and control your hip flexion (don't tuck your butt or overextend your back) during squats, deadlifts, and other lower-body moves. This will activate all trunk muscles, not just the rectus abdominus. For better support, think plank exercises instead of a ton of crunches or ab curls, Lucas says.

4 MUST-DO EXERCISES

Toe Tap to Single Leg

Lie faceup on floor with your knees and feet raised and your spine neutral. Exhale and press your belly toward your spine without your spine flattening, which indicates that you're flexing your rectus abdominus. Slowly lower one leg to the floor, holding spine stable.

Mega Clam

Lie on side with head supported, pelvis neutral, and knees bent, aligning heels with butt. Lift top leg while keeping feet together. Do 15–20 reps slowly. Switch sides.

VARIATIONS: Use tubing around knees; straighten top leg and swing forward and back, or bicycle; do internal/external rotation or single-leg pulses.

Bird Dog

This isometric hold assists the core, hips, and back in firing together. From your hands and knees, with pelvis and spine in neutral position, lift your left arm out in front of you to ear height and the right leg behind you, holding 5–10 seconds. Do 10–15 reps, alternating legs.

Plank

The now-classic plank exercise trains your spine in proper form. Don't allow your hips to sag; do make sure to keep your pelvis in a neutral position.

EASY: Knee plank

INTERMEDIATE: Plank on toes

HARD: Plank on Bosu or physioball

Common Causes Are Weak...

- Transverse Abdominus
- Glutes (specifically gluteus medius)
- Diaphragm

Exercises to Avoid:

- Ballistic and plyometrics
- Flexion and rotation of the spine
- Weighted ab moves
- Unstable surface exercises
- Forward fold exercises (deadlift, clean, snatch)

Limber Up!

Gently stretching these muscles can help alleviate pain:

- Psoas (part of hip flexors)
- Tensor Fascia Latae (outer side of glutes)
- Hamstrings/Calves

MIKE HARRINGTON/GETTY IMAGES



Compression gear may help kick up your recovery.

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Q Can compression gear improve my workout performance?

—LESLIE HWANG, NEW YORK, NY

It depends on what you are doing. "There's some evidence that compression wear can reduce muscle vibration during high-impact or power-driven activities such as jumping or sprinting, with small improvements in vertical jump performance," notes Neal Pire, an exercise physiologist at HNH Fitness in Oradell, NJ. It may also improve recovery, since the garments theoretically help increase blood flow return, bringing more oxygen and nutrients to the muscles. Some studies have found reduced muscle swelling and pain and an increase in blood lactate removal. "Some athletes swear by compression wear—and if you believe it helps, you may indeed perform better!" Pire says.

Q What's the best type of cardio for weight loss—steady state or HIIT?

—ARIELLE HERRERA HUNTER, VIA FACEBOOK

Several studies comparing steady-state endurance workouts with high-intensity intervals found that subjects in both groups saw similar improvements in fitness and body composition after several weeks of training, compared with less-active participants, notes Yuri Feito, Ph.D., M.P.H., an assistant professor of exercise science at Kennesaw State University in Georgia. That said, those in the high-intensity group reported enjoying their workouts more and spent less time overall working out (about 15 minutes, compared with more than an hour), adds Feito. And at the end of the studies, those in the HIIT group reported they were significantly more likely to keep up their active routine. "I'd suggest using both types interchangeably according to how you feel," Feito advises. "High-intensity training might provide greater effects in body composition over time, but it may be difficult to maintain this training regimen regularly." And ultimately, the best types of workouts to reach your weight-loss goals are the ones you are willing to keep doing.

Q Which supplements can help me get ready for my first fitness competition?

—LISA RITCHIE, VIA TWITTER

"In addition to training hard and eating right, certain supplements can help boost your results and get you into stage-ready shape. I recommend a few different types of supplements to my clients when they are prepping for a show," says Shannon Dey, CEO and founder of Bombshell Fitness and head of professional competitive fitness Team Bombshell. Below, her fave picks.

TOP SUPPS TO TRY

Before first cardio: A **fat-burning supp** (two days on, one day off) for energy and fat loss

Morning: **Vitamin B6** (for brain development and function), **vitamin E** (antioxidant), **multivitamin** (overall health), **collagen** (to help boost skin elasticity), **slow-releasing iron** (red-blood-cell function), **glucosamine/chondroitin** (joint health), and a **fiber supplement** (for gastrointestinal health)

Post-workout: **BCAAs** and **glutamine** (amino acids that assist in building muscles and repairing tissue as well as recovery)

With two to three meals per day: **Digestive enzymes** (to help with digestion)

Evening: **Vitamin C** (antioxidant) as well as **calcium, magnesium,** and **zinc** (key minerals for a variety of bodily functions)

Protein powders: These may replace other protein sources but preferably only for one or two meals per day, maximum.

Before bed: **Glutamine** (for additional recovery)

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Anywhere Energy Booster

Make these natural bars to keep on hand for an anytime pick-me-up or pre-workout aid

• **WHEN JULIE MORRIS,** author of three cookbooks on superfoods and executive chef for superfoods company Navitas Naturals, needs a little energy boost she reaches for one of these delicious spiced acai energy bars. "Acai is a known energy food," she explains. This purple berry, originally grown in the Amazon, has been shown to support circulation and provide long-lasting vigor thanks to its high levels of vitamins and antioxidants. Combined with invigorating spices, protein-rich almonds, and natural sugars, it's a great on-the-go snack that's perfect before you hit the gym or for fighting off midday munchies. "I often double the recipe, freeze the excess for future use, and grab one as needed when running out the door!" says Morris.

Spiced Acai Energy Bars

INGREDIENTS

- ¾ cup raw almonds
- ¾ cup (about 11–12 large) pitted Medjool dates
- ¼ cup dried apricots
- 3 tbsp acai powder, such as Navitas Naturals
- 2 tbsp black raisins
- ½ tsp ginger powder
- ½ tsp ground cinnamon
- ¼ tsp vanilla extract
- Pinch salt (optional)

DIRECTIONS

1. Mix all of the ingredients together in a food processor just until a sticky dough has formed (allow some almonds to remain coarsely chopped).
2. Spread a sheet of plastic wrap on a cutting board and place the dough on top. Using your hands, press and form a 1-inch-thick rectangle. Wrap and put in the freezer for 30 minutes, then cut into rectangles.
3. Serve cold or at room temperature. Makes 10 bars.

PER SERVING

- **Calories: 169**
- **Fat: 6g**
- **Saturated Fat: 0.4g**
- **Carbs: 30g**
- **Fiber: 4g**
- **Protein: 3g**

Have a healthy, delicious recipe you'd like to share? E-mail us at AskTheEd@muscleandfitnesshers.com, *and we may publish it in a future issue.*

OLIVER BARTH PHOTOGRAPHY

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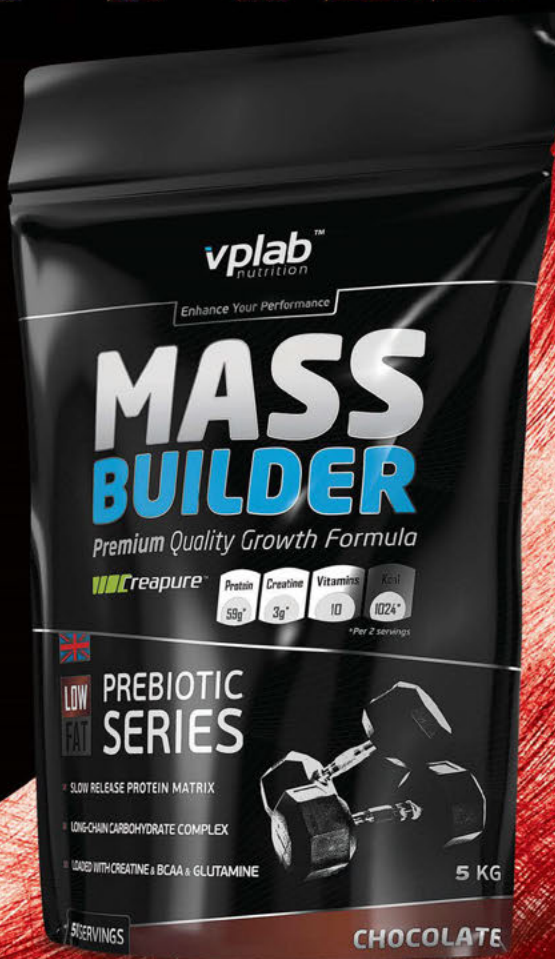
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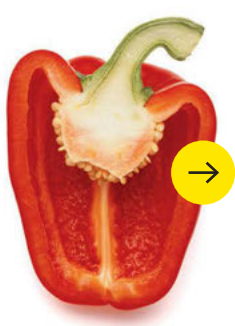
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What's That Veggie?

• **COMING SOON TO A GROCER NEAR YOU:** Kalettes, a yummy combo of kale and brussels sprouts, are the latest healthy vegetable hybrid to hit the produce aisle. Also known as flower sprouts, brussels kale, lollipop kale, or kale sprouts, they feature a sweet and nutty taste—plus some superstar nutrition to back up their pretty appearance, says Nicole Silber, a New York City–based nutritionist at Middleberg Nutrition. Kalettes are packed with vitamins K, B6, C, and folate and contain 4 grams of protein with only 45 calories in a 1½-cup serving. They're also easy and quick to prepare since you can cook them whole. Make this Garlic Ginger Kalettes recipe, courtesy of Silber: Heat sesame oil on medium heat, add chopped garlic, and sauté for 1–2 minutes. Throw in Kalettes with grated fresh ginger and a pinch of salt and pepper, sauté for 5–6 minutes, then serve.



THE SPF DIET

Want an additional boost in sun protection? Stock up on foods that are high in antioxidants or contain certain minerals, advises Frank Lipman, M.D., an integrative medicine physician and author of *The New Health Rules*. A sunburn, after all, is a type of inflammation, so conceivably an anti-inflammatory diet can help prevent sunburn and skin damage, he explains. "Certain foods such as leafy greens, strawberries, peppers, and green or black tea can offer protection by neutralizing the effects of UV rays and providing your body with the nutrients needed to slow sun damage," Lipman says. Research has shown that lycopene (found in tomatoes), for example, can help reduce skin vulnerability to sunburn, providing up to 30% more protection against burns among subjects who followed a lycopene-rich diet. But don't shelve your sunscreen entirely: Since there's a great range of vulnerability to sunburn based on your skin color, ethnicity, and location, continue to apply sunscreen regularly to protect yourself from burns and even more serious damage, advises Lipman.

NUTRITION TREND WE *DON'T* LOVE

■ Breast milk is gaining traction as the latest performance aid among some bodybuilders. But this particular trend probably does far more harm than good, even outside the "ew" factor. "People think breast milk is good for you because it is a 'natural' source of hormones and antibodies and is nutrient dense and high in protein," says Kelly Pritchett, R.D., a spokesperson for the Academy of Nutrition and Dietetics. "But there is no scientific evidence that suggests there are benefits for adults." And since it's a bodily fluid, breast milk can carry disease or infections. A far smarter option: Rely on foods such as Greek yogurt, cottage cheese, nut butters, and chocolate milk to amp up your results, she says.

A Tastier Way to Go Meatless

Following a vegetarian diet doesn't have to mean doing away with flavor or skimping on muscle-building protein. These new packaged foods provide plenty of important nutrients while satisfying your need for something meaty and protein-packed.

• When you're craving breaded chicken, try **Gardein's Chick'n Scallopini,** which is gluten-free, seasoned, and ready to be sautéed and added to pastas and veggie dishes. ($5, *gardein.com*)

• Keep **Nasoya Organic Teriyaki TofuBaked** marinated tofu in your fridge for a convenience food that can be enjoyed cold or hot in stir-fries, salads, and sandwiches. ($5, *nasoya.com*)

• For a hearty dinner starter to pair with veggies, try **Lightlife Organic Wild Rice Tempeh,** which combines cultured organic soybeans with wild rice harvested from freshwater lakes. ($3, *lightlife.com*).

COURTESY OF KALETTES; DORLING KINDERSLEY/GETTY IMAGES



More Reasons to Keep Moving

• **IF YOU'RE HIGH-FIVING YOURSELF** for hitting the gym but then sit on your duff the rest of the day, you're still likely to be at a higher risk for heart disease, diabetes, cancer, and early death, according to a recent review study. The study found that while regular exercise has numerous health benefits, when coupled with mostly sedentary behavior it may not reduce the harmful effects of sitting for long periods of time. Celebrity trainer Joel Harper shares his tips to help you reduce sitting time and get moving more throughout the day. *—DIANA KELLY*

• Get fresh blood to your head with this stretch: With feet flat on the ground, slowly bend forward as low as comfortable at waist. Alternate bending one knee, other leg straight, allowing your head to dangle down; stretch each side for 15 seconds.

• Move while you talk. Stand up and pace every time you are on a conference call in your office or talking on your cell phone.

• Do wall sits while writing lists. Slowly walk your feet away from the wall and come into a right angle, knees above ankles. Keep shoulders against the wall and chin up. Keep your arms bent and up with your notepad and pen. Hold until you finish your list.

2 to 3 HOURS **THE AMOUNT YOU SHOULD DECREASE SITTING TIME WITHIN A 12-HOUR PERIOD TO REDUCE RISK OF EARLY DEATH.**
SOURCE: ANNALS OF INTERNAL MEDICINE

68/OCEAN/CORBIS; MICHAEL WONG/CORBIS

A Natural Immune Boost

Another reason to take your workout outside the gym at least sometimes: Research shows that the awe you feel when you experience nature's beauty can also help your immune system stay strong. Science has long shown that exercising outdoors produces a boost in feel-good hormones. Now a new study published in the journal *Emotion* found that these happy feelings are also linked to lower levels of pro-inflammatory cytokines, proteins that signal the immune system to work harder, possibly wearing it down. And when your immune system operates at an optimal level, you're better able to ward off diseases and stay healthier. *—DK*



Get Your Guy to Adopt Your Good Habits

If you want to improve your partner's diet or exercise behaviors, make sure he's paying attention to what you are doing. Research published in *JAMA Internal Medicine* shows people are more successful in swapping bad habits for good ones if their partners are making a change as well. "The study underscores the importance of social support in health," says Susan Krauss Whitbourne, Ph.D., professor of psychological and brain sciences at the University of Massachusetts, Amherst, who did not write the study. "If you're trying to get your partner to eat more fruits and vegetables and fewer unhealthy foods, then take them off your menu. If you're the cook, control what you're putting on your plate so you're setting a good example." Most important, she says, "give your partner plenty of positive reinforcement for each step he or she takes toward a healthier lifestyle." *—DK*

Build a Bigger Brain

Being active now can help you keep moving strong in your senior years. A recent study compared brain structures of physically active identical twins in their mid-30s with those who were sedentary. Researchers found the exercisers had larger striatal and prefrontal cortex gray matter volumes in their brains—regions that are heavily involved in motor-control networks. Improvements in these areas may have long-term health benefits, such as a reduced risk of falling and mobility limitations in old age. *—DK*



"TO BE YOURSELF IN A WORLD THAT IS CONSTANTLY TRYING TO MAKE YOU SOMETHING ELSE IS THE GREATEST ACCOMPLISHMENT."

—RALPH WALDO EMERSON QUOTE VIA @ANADELIAFITNESS

"THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS."

—ELEANOR ROOSEVELT

"WE MUST ALL SUFFER ONE OF TWO THINGS: THE PAIN OF DISCIPLINE OR THE PAIN OF REGRET OR DISAPPOINTMENT."

—JIM ROHN QUOTE VIA JELENA SOMMER (FACEBOOK)

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THE ARM ALPHABET

Roelly Winklaar's arm workouts from A to Z



BY **GREG MERRITT** PHOTOGRAPHS BY **GREGORY JAMES**

Class is in session. The subject is everyone's favorite: arms. The teacher is Roelly Winklaar, fresh off a breakout year and owner of arguably the two best arms in the world. Anyone who wants to debate his arm superiority, raise your hand and wait to be called on. (We see you, Phil Heath.) Now, take careful notes as our teacher explains his arm alphabet. With a few digressions as the lecture progresses, these are the tenets of Winklaar's bi and tri construction from A to Z.



A ALTERNATE DUMBBELL CURL

This is typically the second exercise in Winklaar's biceps routine. "I do these either standing or seated," he says. **"I turn my head to the working arm to really focus on the contraction."**

BICEPS Winklaar's biceps training has changed little over the years. **He typically does three or four exercises for a total of 12–15 reps.** Bi's are trained with tri's on their own arm day, but, pre-contest, he'll often add some biceps sets to the end of his back workout, as well.



Roelly Winklaar's arms measured 23 inches!



CURAÇAO Winklaar was born and raised on this **tropical island in the southern Caribbean Sea off the coast of Venezuela.** In late 2012, he resettled there, and attributes the gains he made in 2013 to his peaceful homelife and warlike gym life. He shed many of the modifications his previous trainer had made to his workouts, and instead focused on maximizing his strength (for 8–12 reps) in free-weight basics. This had less of an effect on his strong point—his arms—than his weak point—his back.

WINKLAAR'S ARM ROUTINE

EXERCISE	SETS	REPS
BICEPS		
EZ-bar Curl	4	10–12
Alternate Dumbbell Curl	4	10–12
One-arm Preacher Curl	3	10–12
Hammer Curl	3	10–12
TRICEPS		
Rope Pushdown	4	10–12
Lying Triceps Extension	4	10–12
Machine Dip	4	10–12
One-arm Pushdown	3	10–12



DIPS

Machine dips work the tri's, **but also the pecs and front delts.** That's why Winklaar does these near the end of his triceps routine when his tri's are pre-exhausted by isolation exercises.



E

EZ-BAR CURLS

If he had to choose one exercise most responsible for ballooning his bi's, **this would be it.** "I almost always begin my arm routine with EZ-bar curls," he says. "I'll sometimes take a standard-width grip and sometimes a narrow grip. A narrow grip works the outer biceps more."

F



FOREARMS Like most pros with football-size forearms (and even—to their detriment—those with lagging forearms), **Winklaar never directly trains his lower arms.** They grow from merely gripping weights.

G

GRANDMA

This is the nickname given to **Sibil Peeters,** who was previously Winklaar's trainer, nutritionist, and all-around drill sergeant. After four years, her most celebrated client parted ways with her when he returned to Curaçao. He also shed her greater reliance on intensity techniques like dropsets, supersets, and reduced rest between sets. When he worked without a "guru," Winklaar relied more on straight sets with longer rest periods.



HAMMER CURLS

Winklaar does no forearm isolation exercises, but dumbbell hammer curls work the meaty brachioradialis (located at the top of the forearms, near the elbow joint) along with the biceps and brachialis. Winklaar raises the dumbbell across his body, curling it toward the opposite shoulder and alternating arms on each rep. **"Hammers are great because they fill out the whole arm,"** he says. "You'll see who did their hammers in a rear double-biceps shot, because hammers add depth to the outer arm."



I INTENSITY

He utilizes less intensity techniques than he did in the past when Peeters was barking orders, but Winklaar spent the past year pushing his sets to failure. Thus, his intensity remained high. "I've been working at getting stronger in the basic lifts, and that's helped me add new muscle and keep the muscle when I diet," he explains.

J

JOINT He never forgets that all biceps and triceps exercises are focused on the movement of the elbow's simple (and fragile) hinge-like joint. Therefore, on all of his exercises except dips, **he locks his elbows in place and moves only his forearms.**

K

KNOWLEDGE Winklaar is **always learning new ways to stimulate growth.** It was his desire to learn that led him to take on such an unorthodox trainer/nutritionist as "Grandma." He seeks out advice from legends like Dennis James. And he approaches every workout as an opportunity to gauge what works best for his changing physique.

L

LYING TRICEPS EXTENSION He's long relied on this free-weight basic to pack muscle on the long head of his triceps. **"This has always been a staple of my arm workouts,"** he says. "Don't get sloppy with these just to use more weight. Keep your elbows locked in place and focus on keeping your arms tensed."

MACHINES Overall, Winklaar focused more on free weights over the past year, but **his triceps workouts consist of mostly mechanical exercises.** He finds that cable pushdowns and machine dips allow him to keep more tension on the crucial contractions of triceps exercises.



NETHERLANDS

This is where the Dutch-speaking Winklaar lived for 31 years. After his father's death, when Roelly was 4, his mother moved the family to the Netherlands from Curaçao. Still, Winklaar often felt the island of his youth tugging him home. He's the rare top IFBB pro who's never lived in the U.S. Another pro bodybuilder who can say the same is "Big Ramy."

ONE-ARM PUSHDOWNS

A couple things make these unique. First, Winklaar does them with an underhand grip. Second, he pulls the cable not just down but also across his body. In this way, these pushdowns function like a combination pushdown–kickback. **"Doing them the way I do them lets me focus more on the contractions,"** he says. "And that's what pushdowns are all about. I hold [the contractions] for a second or two and squeeze hard."

PADS

Winklaar uses palm pads to provide a more comfortable grip. In the past, he used sponges. He now uses neoprene pads that stay in place via fabric rings that slip over his fingers. **"They keep my grip secure and comfortable,"** he says. Check out his arm-training photos, and you'll notice he's always "padding."



QUALITY This could be Roelly Winklaar's motto: **Quality muscle comes from quality sets.** By doing strict reps with full stretches and contractions, he's avoided gym injuries and built arms bigger than most people's legs.

ROPE PUSHDOWNS

"The rope lets me separate my hands at the end, to get a stronger contraction and focus more on the outer heads of my triceps," he says of his favorite pushdown handle.

STRAIGHT SETS This term simply means sets done without such intensifying techniques as forced reps, dropsets, or supersets. Training under "Grandma's" tutelage, Winklaar loaded up his workouts with all sorts of intensifiers. They limited the amount of metal he could move. In 2013, he returned to mostly straight sets, and **the result was a bump in strength and size.**

TRICEPS As with biceps, for triceps he typically does three or four exercises for a total of 12–15 reps. **Pre-contest, he'll often throw in some triceps sets after working chest.**

UNILATERAL He does at least one exercise for biceps and another for triceps that hits each arm individually. **This exercise is placed at or near the end of his routines.** Going unilateral lets Winklaar better focus on the contractions of his left and right biceps and triceps.



VARIETY If you built 22-inch guns like Winklaar you probably wouldn't do a lot of tampering with your arm routine. "I change some things some times," he says. "But **nothing too crazy**—just a different order or different grip or maybe a machine preacher curl instead of dumbbells or a barbell."

WEEKLY Most of the time, he trains arms once weekly, though he will do some extra work for biceps (with back) and triceps (with chest) **during his contest prep.**

X-FACTOR In his first contest, the 2005 IFBB World Championships (won by Dennis Wolf), 28-year-old Winklaar failed to even place. He was a smooth 190-pound light-heavy who looked like he couldn't win a local novice show in America. He didn't have a strong point—not even his arms. The next month, he suffered a devastating car accident. He couldn't even move his left arm for weeks, and stayed out of gyms for 13 months. But when he finally did return to the weights, it was with a new vigor and purpose—first to rehabilitate, and then to prove his doubters wrong.

In 2009, at 227 pounds, he won the super-heavyweight and overall Arnold Amateur titles. When the rookie won the 2010 New York Pro, his arms were among the best ever seen. **All of which is to say, the most important component of his success is not sets or reps, but DNA mixed with willpower.** Unlocking his genetics for packing on arm mass is the X-factor that took him from nobody to legend in one giant leap.

YEARNING Winklaar is so soft-spoken and his eyelids are so heavy (a lingering result of the car accident, which nearly caused him to lose his sight) that he sometimes seems to be sleepwalking. Many assume he just doesn't care enough to be an Olympia contender. Nothing could be further from the truth. **What drives him more than anything is the need to prove his doubters wrong.**

ZENITH In his years in the IFBB Pro League, Winklaar has won three contests. And yet in six collective tries he hasn't cracked the top five in either the Arnold Classic or Mr. Olympia. In 2012, after his disappointing 12th in the Olympia, he seemed to be just "a guy." Like a veteran footballer who can always make the roster and sometimes make a highlight reel but never be a star, Winklaar seemed destined for a mid-level career that would never propel him to bodybuilding's upper echelon.

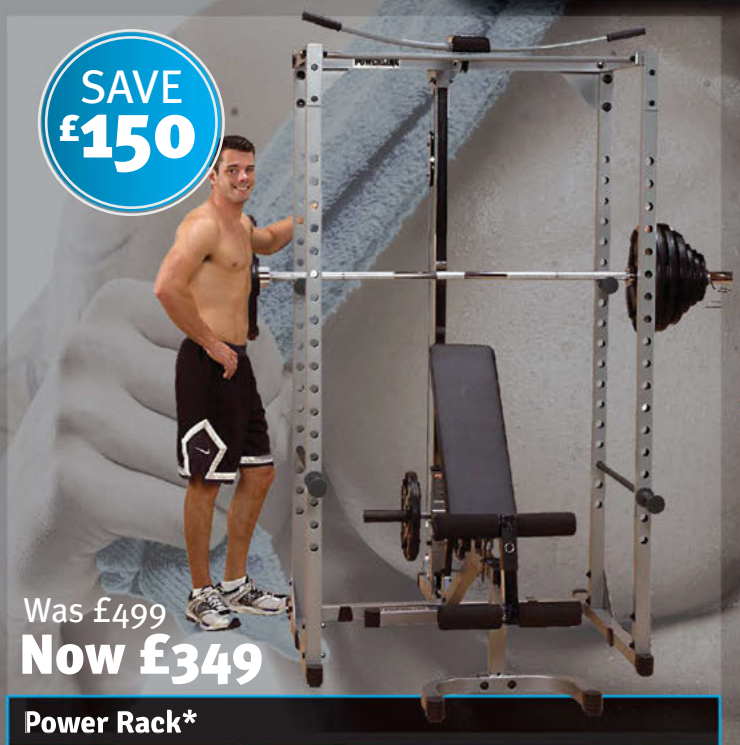
But then came 2013. After triumphing at the Chicago Pro, he finished a startling seventh in a deep Olympia lineup (many thought he deserved at least sixth). **He was no longer just "a guy." Instantly, the conversation changed from "wasted potential" to "unlimited potential."** In 2014, Winklaar slipped to 12th at the Olympia; at the 2015 Arnold Classic he placed sixth. Still, he refuses to give up—and we should refuse to count him out. Winklaar's greatest lesson is this: "Do not doubt me or my drive to be the best." M&F

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Bodybuilder Zack McGuirk's hardcore prep for the European Olympic Games.

TURN HERE FOR HIS TRIANING TIPS

PHOTOGRAPHS BY KEVIN HORTON

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Olympic Muscle

Classic bodybuilder Zack McGuirk discusses training for the European Olympic Games.

BY JOHN PLUMMER

The first European Games are being held in Azerbaijan from June 12 to 28. Organised by the European Olympic Committees, they are the final continental Games to be initiated by the International Olympic Committee.

Bodybuilding is part of the event's cultural programme and Zack McGuirk has been chosen to represent the UK.

M&F: What impact will the European Games have on the sport?
ZM: It will have a massive impact. Bodybuilding isn't taken seriously enough us athletes are yet to receive the recognition we deserve. Hopefully by being at the European Games we will get to show off our talent and hard work, which will be a great step towards Olympic recognition.

How were you chosen?
I presume because I was 2013 UKBFF Classic Bodybuilding champion and I've already competed internationally at the Arnold Classic Europe in Madrid, and the IFBB European and World Championships. I'm also a lifetime drug-free athlete so I'm putting my career on the line by agreeing to comply with the anti-doping programme, as all athletes will be tested by WADA (World Anti-Doping Agency).

How does Classic Bodybuilding differ from traditional bodybuilding?
Classic Bodybuilding is less about size. It's a more natural, aesthetic look like back in the 70s when Arnold and Frank Zane were competing. They had small waists and a more achievable physique.

What is your goal?
I want to make history by being the first person to win at the Games and help make Classic Bodybuilding more accepted worldwide. Hopefully its presence at the European Olympic Games and its success at the Asian Beach Games will be the first steps towards it being included at the Olympics. I'm grateful to the UKBFF for being given the chance.

Describe a typical training week.
I do cardio every morning and then my weights session in the afternoon. My split looks like this:
Monday: Shoulders
Tuesday: Back
Wednesday: Chest
Thursday: Legs
Friday: Shoulders and back
Saturday: Arms
Sunday: Rest

What's your favourite body part to train?
I love training back. I feel I can really push myself beyond my limits and there are so many different exercises you can do. A typical workout would be something like:
Wide grip lat pull down 3 x 10
Wide grip lat pull down behind the neck 3 x 10
Bent over barbell row 3 x 10
Leverage high row 3 x 10
Lying bar row 3 x 10
Seated cable row 3 x 10
Barbell deadlifts 3 x 10

What do you do for cardio?
I do a reasonable paced walk. I have used the cross trainer but I find walking gives me better results with the way I train and diet.

What is your diet strategy?
Before my last show I'd probably never really dieted properly before. For the Worlds in December I prepped for eight weeks and brought my best-conditioned package yet even though that was the lightest I've ever been on stage. On an average day I'll have lots of chicken, sweet potato, broccoli, bananas and oats. For my refeeds I'll have steak or something like that. I like to keep things as simple as possible as that way I don't start craving more of things. It might sound boring but it's what works best for me.



> I want to make history by being the first person to win at the Games.

NAME
Zack McGuirk

AGE
29

BORN
Blackpool

LIVES
Blackpool

HEIGHT
6' / 183 cm

WEIGHT
191 lbs / 86.6kg (contest weight)

CAREER HIGHLIGHT
UKBFF Classic Bodybuilding British Champion 2013

AMBITION
To inspire up-and-coming bodybuilders to have natural and healthy physiques so the sport can return to the old days where it was more pleasing on the eye.

TRAINING ADVICE
Give everything you have in everything you do.

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CONTACT
Twitter: @zackmcguirk, Instagram: zackmcguirk

A Cut Above

Barnsley hairdresser Kizzy Vaines is Britain's only IFBB fitness professional.

BY JOHN PLUMMER
PHOTOGRAPH BY CHRISTOPHER BAILEY

KIZZY VAINES is a hairdresser and wife from Barnsley who also travels the world as an IFBB fitness professional. She has won two pro shows, competed at the Fitness Olympia in Las Vegas three times and was due to compete in Canada in June.

M&F: What kind of moves can you do?
KV: I am a contortionist through my dance background so one move I can do is touch my forehead with my toes whilst balancing on my chest.

What do fitness contests involve?
We do quarter turns, as directed by judges, to check body conditioning, muscle tone and symmetry. The second part is a fitness routine lasting a minimum of two minutes, which should include splits to both sides, high kicks, press-ups and stag holds.

How difficult is it to build muscle and stay supple?
I'm nowhere near as supple as I used to be due to adding muscle. This is a concern as my bendiness makes my routines unique. But I can still bend enough to hopefully entertain.

How important is strength?
Strength is important because we have to perform a lot of holds. There is a lot of core strength involved.

Describe a typical training week?
I tend to get my training done through the week and have the weekend off to recover and spend time with family. Plus, being a hairdresser, Saturday is always a busy day at work. My split is:
Monday - Back
Tuesday - Legs
Wednesday - Shoulders
Thursday - Chest
Friday - Biceps and triceps.

At the moment I do an hour of fasted cardio in the morning and 40 minutes after weights.

What's your training style?
I tend to hit around 12 to 15 reps on everything I do. I feel this helps build muscle and burn fat too.

Describe a favourite workout
I like training shoulders the most. They make a physique by creating that V-taper that judges look for. I make sure I hit all the heads for full development. I don't do much pressing; it is mostly isolation moves like side laterals, front laterals, bent over laterals and upright rowing.

What kind of person could compete in fitness?
Anyone from a fitness background should be able to do it, whether it's martial arts, dance or gymnastics.

How much cardio do you do?
My cardio sessions last up to two hours a day near a show. I just do fast pace walking on a treadmill. I shy away from equipment that puts heavy stress on my leg joints because it isn't good for suppleness or throwing myself around a stage.

What do you eat in a typical day?
Meal 1: 3 egg whites, 50 g porridge made with water and a scoop of protein powder
Meal 2: 250 g chicken and 50 g brown rice
Meal 3: same as meal 2
Meal 4: same as meal 2
Meal 5: 250 g white fish and 300 g sweet potato
Meal 6: 200 g steak and broccoli

What do you enjoy the most and least about your sport?
I love being on stage and performing. This is something I have done from the age of three so it's in my blood. I also like to hear people's reactions to my routines. The thing I like least is cardio. Jeez, I hate it! But it has to be done.



NAME
Kizzy Vaines

AGE
35

BORN
Barnsley, South Yorkshire

LIVES
Barnsley, South Yorkshire

HEIGHT
5' 1" / 155 cm

WEIGHT
126 lbs / 57 kg

CAREER HIGHLIGHT
Winning my first pro show in Fort Lauderdale in 2009

AMBITION
To qualify for this year's Fitness Olympia

TRAINING ADVICE
Stay consistent

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"I like training shoulders the most because they help create the V-taper."


Karina set herself the challenge of staying lean from April to November.

Staying In Shape All Year

British IFBB bikini pro Michelle Brannan on how she helped Karina Skowronska maintain peak condition.

PHOTOGRAPHY BY SIMON HOWARD

THE CLIENT

Karina Skowronska started training with me in 2013. As a seven-time national fitness champion in her native Poland, Skowronska already knew the level of discipline necessary to succeed. Now, 10 years later, she wanted to compete again. Except, due to a major Achilles injury, she would try bikini fitness rather than return to fitness. This meant she would be judged solely on aesthetics.

Three months after we began training together, Skowronska entered her first show. And it was the start of a busy year in which she competed seven times. That type of hectic schedule made it necessary for Skowronska to maintain a highly conditioned shape throughout 2014. Many people diet for a holiday or a competition, but to maintain this look year-round is a different challenge.

I often meet women who achieve their goals only to return to their previous weight a few months later, leaving them miserable. What Skowronska achieved offers some clues on how to diet, train, and stay in shape beyond a set date.

MY DIAGNOSIS: NUTRITION

There is no luck involved when it comes to getting and staying fit—even for someone like Skowronska. It comes down to making the right choices about nutrition and lifestyle. Naturally, some people metabolise energy at a faster rate than others, but the fitness models you see in magazines work hard to achieve that look.

It's easy to remove responsibly for your actions by saying some people like Karina have it easy or have the genetics that naturally allow them to stay slim. But I have met few women over the years that don't have to try. Everyone has her own struggles with food, training and time management. Accepting responsibility for your actions is the first step in achieving the body you desire.

Skowronska made a commitment to stay lean for several months. I often find a person's first diet is the easiest. After then dieting becomes difficult and monotonous and to some extent the body adapts to what you're doing. We had to be wary about this.

I have talked before about the importance of keeping the body guessing by adopting different types of training and



Leg press was one of Karina's key lower body exercises.

macronutrient splits rather than simply reducing calories but variety and interest are other key factors, particularly if you're in for the long haul.

With this in mind I created a flexi diet system, which means that instead of having to eat the same things everyday, Skowronska could select foods from colour-coded food lists. Foods with similar benefits could therefore be interchanged easily with minimal impact on diet.

Eating a wide range of foods is an important factor for maintaining a diet. The less restricted you feel, the more likely you are to stay on track. It helps if you understand nutrition; you can then make better-informed decisions yourself, particularly when eating out.

Some other key points to remember about long-term dieting are:

1 It is important to keep your body fuelled to stay strong and healthy. Under eating can lead to binges.

2 It is dangerous to adopt a free-for-all "If It Fits Your Macros" approach that is all about counting calories rather than considering the goodness in food. Under IIFYM you can easily end up lacking vitamins and minerals for optimal hormonal function, which can affect fat loss. I always recommend eating a wide range of foods to ensure a healthy balanced diet.

3 If you are in a daily calorie deficit or eating a low carbohydrate diet, schedule in regular off plan meals or carbohydrates to keep your body from adjusting to the low calories. This will keep you sane and restore muscle glycogen, which will give you energy to train.

MY DIAGNOSIS: TRAINING

Training can be repetitive but it does not have to be a chore. Think of fitness as a journey, rather than a destination. You cannot expect to hit a target, stop training and stay there. If you find new ways to enjoy your workouts, you will always get better results.

Change your programme regularly. Don't just do the same old thing every time you go to the gym. This will maintain your enthusiasm.

Set small goals and vary your training style. It is sometimes a good idea to cycle periods of heavy training with lighter, higher volume training to keep your body responding. You don't have to be always in the gym either: you can supplement your weights with some dance classes or team sports. The key is to make it enjoyable so you actually do it!



Deadlifts are a great exercise for lower body.

Karina's training varied therefore but here is a sample leg routine:

- **Superset leg curl and leg extension 3 x 20**
- **Leg press machine 5 x 10**
- **Superset Smith machine squat and Romanian deadlifts with dumbbells 4 x 15**
- **Barbell travelling lunges 5 x 20**

To avoid burn out, Karina adopted a steady and consistent approach to her workouts and didn't do a lot of cardio, particularly in between competitions. Instead we relied on consistent nutrition, which enabled her to hold on to the muscle she had built in the gym rather than tiring her out and watching her waste away on cardio machines.

Some women need to do lots of cardio but others can get away with less than they think particularly if they keep a check on their diet and focus on hard weight training.

Anybody dieting long term needs to get sufficient rest and should take time off from training when they feel they need to, otherwise injuries and exhaustion set in.

Being a competitive athlete, Karina was motivated by results and getting on stage but for women who want to just look good, let not being where you want be your motivation to change.

Once you have achieved your goals, don't waste your efforts and let it all go again or be that person whose weight yo-yos up and down. Karina doesn't stay at stage weight all year. She enjoys periods of being more relaxed when she isn't 'stage lean' but tries not to get out of control.

Maintenance is about finding a way of making your fitness routine habitual, sustainable and enjoyable long term so you can enjoy the results for the rest of your life, rather than just a holiday.

THE RESULTS

Karina won the UK Nationals and British Championships and finished second at the Amateur Olympia, European Championships and World Cup. Her season stretched from April to November and by adopting the steps outlined above she was able to look superb throughout the year.

ABOUT MICHELLE

Michelle Brannan is an IFBB bikini pro. She also runs a couching team called Showgirl Fitness and the online training subscription resource BodySculpt Pro. *michellebrannan.com.*





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Think Fast!

Could creatine improve cognitive performance?

By James Collins and Mark Hobden



Few supplements are as popular as creatine, and with good reason. Countless studies back its ability to accelerate gains in power, strength and muscle mass when combined with a structured training programme.

New research now suggests it could also improve cognitive performance and mood. This is of particular interest to athletes trying to improve their concentration, reaction times and state of mind.

The research even suggests creatine's benefits could stretch to the wider population by helping people with neurological disorders, such as Parkinson's and Alzheimer's.

The experts in New Zealand showed creatine may protect against the cognitive decline experienced during hypoxia, when the body—and more specifically the brain—is deprived of oxygen.

Main Findings

- Seven days of creatine supplementation significantly increased brain creatine levels by 9.2%.
- Cognitive performance was impaired after spending 90 minutes in a hypoxic environment. However, seven days of creatine supplementation reduced these declines.

Significant Methodology

Fifteen healthy adults participated in the study. In two seven-day blocks they consumed either a creatine supplement or a placebo, with a five-week wash out period between testing blocks.

The creatine supplement comprised 20 g per day of a commercially available creatine monohydrate product.

At the end of each supplementation block, participants spent 90 minutes in a hypoxic environment (breathing air containing 10% oxygen) and then performed a series of tests to ascertain cognitive performance.

Take Home Message

This is the first study to suggest creatine supplementation is able to boost cognitive performance in hypoxic conditions.

It also provides further evidence that creatine could be a therapeutic tool for those with neurological disorders that are characterised by a reduction in energy provision to the brain, such as Parkinson's and Alzheimer's.

Furthermore, it seems that brain stores of creatine are increased following supplementation and this has a comparable effect to that seen in muscle.

Previous research has shown that creatine supplementation may support cognitive function during jet lag and sleep deprivation in athletes.

Together with these findings, this suggests creatine is important for people with high stress levels, such as when travelling, training at high altitude or when sleep duration/quality is compromised.

Future studies are needed, but it would seem wise to take creatine in these scenarios, as well as to help maximise gains in the gym.

Side effects are uncommon, but some users may experience a degree of bloating and slight weight gain due to increased water retention, particularly during the first few weeks of supplementation.

MICHAEL GRIFFIN/ALAMY

Beta Testing

The latest on beta-alanine and strength gains.



Beta-alanine might be a non-essential amino acid but supplementing with it does have benefits. It's been found to improve performance in a range of areas but appears most effective during high-intensity bouts of exercise lasting 1 to 3 minutes. This is believed to be because beta-alanine causes an up-regulation of carnosine, a major pH-buffering agent in muscles.

Professor Craig Sale is a leading expert on beta-alanine's performance enhancing qualities. His latest study in the *Journal of Applied Physiology* explored the effects of beta-alanine on the functionality of exercising muscles to better understand how it boosts performance.

Interestingly, supplementation was not found to increase strength but did improve the speed at which the muscle could relax after each contraction. This could therefore be the key to its performance enhancing benefits.

Main Findings

- Supplementation with beta-alanine had no effect on measures of muscular force production, indicating that it did not alter calcium sensitivity and/or release in the muscle.
- Following supplementation, the amount of time required for the muscle to relax after each contraction was reduced by 7-12%. This suggests the reuptake of calcium in the muscle is enhanced following supplementation.

Significant Methodology

Twenty-three men took part in the research, which involved 28 days of supplementation with 6.4 g per day of beta-alanine or a placebo. At the beginning and end of the study, participants completed repeated knee extensor contractions, during which a series of measurements were taken to determine force outputs and electrical activity in the muscle.

Take Home Message

These findings provide a better understanding of how beta-alanine is able to enhance performance. It seems that rather than increasing muscular strength, beta-alanine actually increases muscle relaxation speed, allowing for a more rapid successive muscle contraction.

This may be why beta-alanine has been found to be most effective during intense exercise, involving lots of fast, repetitive movements. Those performing high-intensity exercise are likely to benefit most from beta-alanine supplementation and may wish to consider trying sodium bicarbonate, which unlike beta-alanine, is an extracellular buffer and could further enhance performance.

The recommended dose of beta-alanine is between 3-4 g per day, with an initial loading phase of 6 g per day also sometimes advised. Side effects are rare, but some individuals have reported experiencing a mild tingling sensation on the skin (paraesthesia) while taking beta-alanine.

REFERENCE

Hannah R, Stannard R, Minshull C, Artioli G, Harris RC, Sale G (2015) β-alanine supplementation enhances human skeletal muscle relaxation speed but not force production capacity. *Journal of Applied Physiology* [Epub ahead of print]

Performance Nutrition is a London-based consultancy, providing comprehensive support to elite and recreational athletes. Director **James Collins** is a leading nutritionist who was part of England's back-room team at the World Cup in Brazil and is head nutritionist for Arsenal FC. For more information visit **www.theperformancenutritionist.com**

Mark Hobden is head of research & development at **Performance Nutrition**. He is currently completing a doctorate in nutrition at the University of Reading, where he sits on the committee of the Institute of Cardiovascular and Metabolic Research. Mark has degrees in sports biology and sport and exercise nutrition. He has previously worked for the Gatorade Sports Science Institute, the Porsche human performance team at Silverstone and in professional rugby.

DUSTIN SNIPES

Kate Errington



DATE OF BIRTH: 28th March 1989
BIRTHPLACE: Dumfries
LIVES: Kent
HEIGHT: 159 cm
WEIGHT: 54 kg

STATUS: Bodyfitness competitor, performer and dance teacher

AMBITION: To motivate and encourage others and to continue building a body I can be proud of.

FOODS YOU CAN'T LIVE WITHOUT: Fudge and pizza.

BODY PART THAT GETS MOST ATTENTION: It's got to be the booty!

HIDDEN TALENT: Eating fire whilst hanging upside down on an aerial hoop and singing in Spanish.

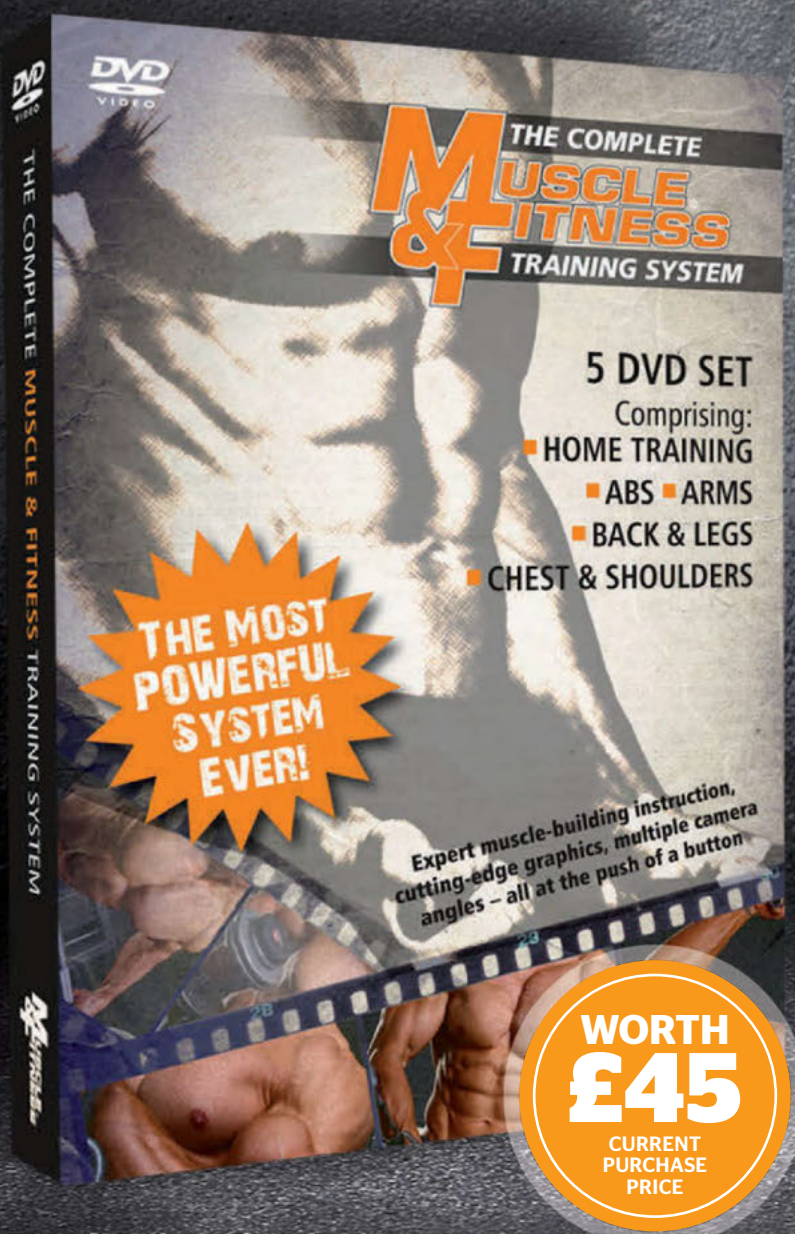
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RULER OF THE GYM
Ron King has a unique training style that works perfectly for him.

King and I

RON KING doesn't train with textbook form, but the textbooks weren't written for all of us.

BY SHAWN PERINE

ON A RECENT Saturday morning, *M&F* Training Director Sean Hyson and I were working out at Gold's Gym in Venice, California, when I pointed out my friend Ron King, who was benching on a Smith machine. At 58, he fits safely within the category and probably has the best physique of anyone we've ever featured on that page. Standing maybe 5'7", he can't weigh more than 175 pounds, but every square inch of his frame is sheathed in perfectly hewn muscle. I'd consider my mission accomplished if I looked like Ron.

"What's he doing?" Sean asked. What was he doing, indeed? Based on a quick glance, it was Smith machine bench presses, but labelling the exercise a press would have been a misnomer. It was more a series of quick, choppy bounces off his chest. Even a novice trainer would label what he was doing as poor form. I turned to Sean, whose expression was a mix of shock and disbelief. "I know," I responded. I'd seen Ron train this way for the seven years Gold's was my home gym.

Ron's form is similar for every exercise. His pullups are short, ballistic thrusts. His dumbbell curls are wild, swinging affairs. In fact, in all the years I've known Ron I've never seen him do a single exercise with what could be considered textbook form. Yet his results are undeniable—the guy looks to be carved from marble.

Does that mean I believe you should train like Ron? No. The form the experts recommend is time-tested to be safe and effective. But I do believe that everyone is built differently and that muscles respond to a wide range of stimuli. The lesson to be learned from Ron King isn't that we should all train like Ron King but that we should each find a training style that best suits us.



SHAWN PERINE is the editor in chief of *Muscle & Fitness*. Follow him on Twitter: *@shawnperine*

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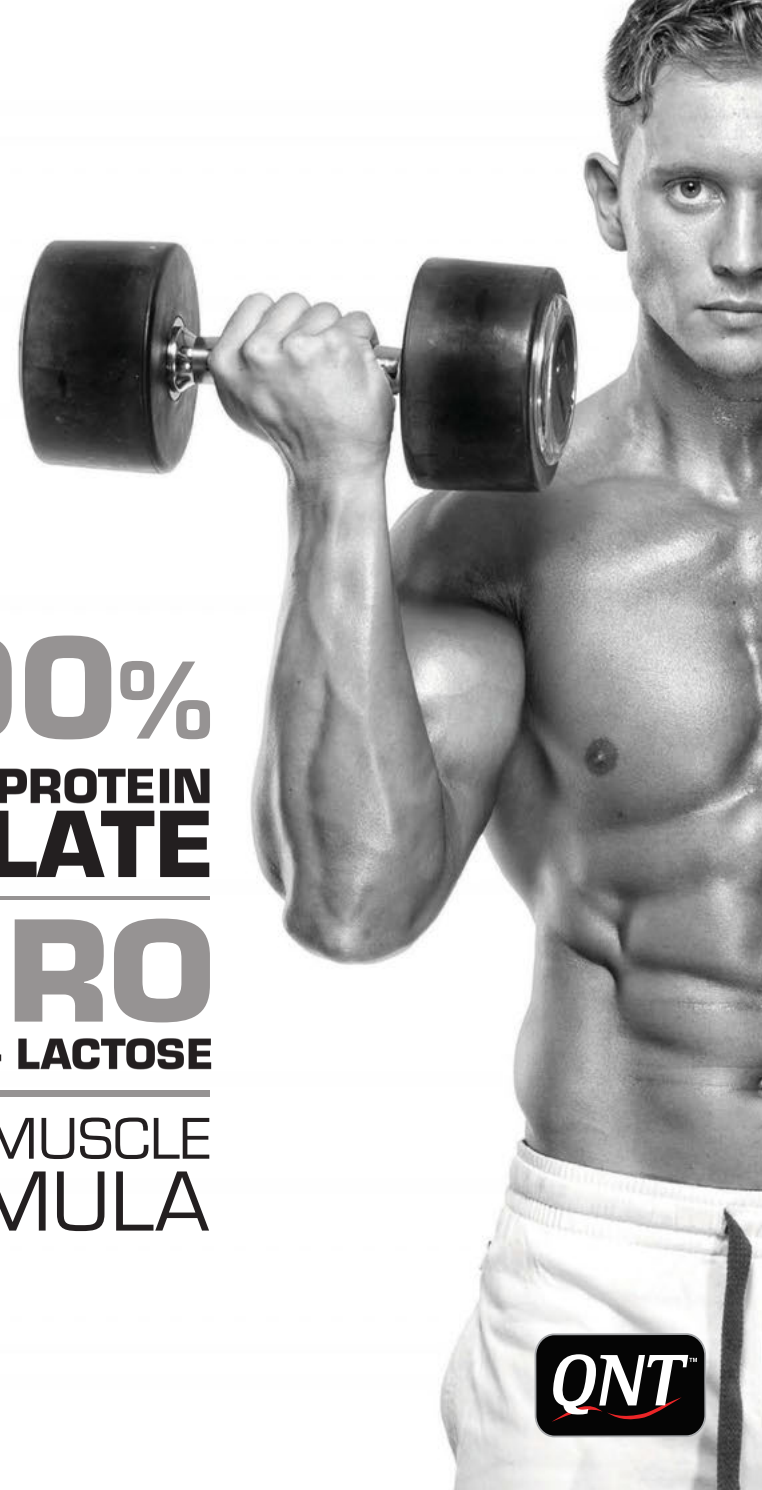
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